

SAMPAN



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SPECIAL ISSUE FOR THE YEAR OF THE RAT



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Fortune

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New Years Memories

Travel

The Year of the Pig is over, but, as our Fortune writer reminds us, the ghosts of last year haunt to possibilities of this one. Some of these specters come in the form of challenges to the community, and 2007 bore witness to several. But there are friendly ghosts that come in the form of triumphs big and small. From them this community carries on its vitality, smiling as the New Year promises new stories to unfold. The Sampan is proud to continue in its 35th year of covering the issues that concern Chinatown.

Have a lucky and happy New Year!



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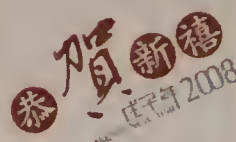
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Travel with Chinatown bus and save money

By Railing Hsu

Due to the high demand of affordable and frequent bus services, Chinatown buses offers low priced tickets to many destinations. It provides services to many cities on the East coast, such as New York, Albany, Boston, Baltimore, Richmond and Penn State College and also on the West coast such as, Los Angeles, San Francisco and Las Vegas.

Chinatown bus services have become very competitive and have gain popularity due to being economical. To satisfy the high demand of Chinatown bus services, the website Gotobus.com puts up all the bus lines and schedules together and offers the easy and fastest on-line ticket booking. Travelers nowadays no longer need to fall in the long line. With

its on-line booking system, anyone can easily purchase bus tickets whether they are students staying in the dorms or at work during their lunch break. After making a booking on line, an e-ticket will be sent straight to travelers email account. Travelers can simply print out e-ticket themselves. When getting on the bus, travelers would just need to present a valid picture ID along with the printout of e-ticket.

Here are two ways advantages of using E-ticket:

1. No time and physical constraint:

Travelers don't need to wait on the long line in the bus terminal. Traditionally, travelers need to physically present at the bus terminal during the business hours in order to

get tickers. E-ticket service amends the inefficiency and offers a more flexible way to travel around.

2. No need to worry about losing ticket:

E-ticket is sent to customers personal email account. They can always reprint the e-ticket if it is misplaced.

With the success of e-ticket bus service, Chinatown bus companies have extended the same experiences to the tour packages. With the increasing amount of traveling people in the United States, Chinatown tours offer more competitive packages price and have posed a threat to American tour companies. One of their features is Chinatown tours are conducted in English and Mandarin.



For the large immigrant population in the United States, Chinatown tours can actually accommodate the diverse groups in terms of language and cultural backgrounds. More and more Americans grow interest in this kind of ethnicity diverse tour to experience the authentic

cultural collision. Different from traditional mailing out package brochures, Chinatown tour companies have their packages itineraries and related information on line. People who are interested in taking the tour can have fast and easy access to the tour information and book it on line.

Chinatown Bus/Tours phenomenon excels a great level of influence on the transportation market in the United States. According to statistics, travelers are delightful to use e-tickets as another traveling choice in this modern society.

The trip to West Rim Grand Canyon

By Railing Hsu

The world famous West Rim Grand Canyon finally opened in 2007. The thrilling Skywalk bridge has attracted more than thousands of travelers from all over the world. As a travel agent, I have been doing a lot of researches of mysterious Skywalk and explained to my customers about the trip to Grand Canyon every day. To see is to believe; my husband and I finally arranged two weeks in the West Coast and strode on the transparent bridge. During our two

weeks' stay, we visited San Francisco City, Yosemite Valley, Hearst Castle, Las Vegas, Hollywood, etc. The trip is combined with luxurious metropolitan activities and the call of nature. But of course, nothing can beat West Rim Skywalk experience.

The West Rim Grand Canyon is about 2 hours driving from Las Vegas. It's actually not completely built in terms of traffic signs, tour facilities and activities schedules. When we got there, as we did not



Image from Complexsimplellc

want to take the helicopter and the tour guide was with helicopter group, we ended up roaming around on our own. To our sur-

prise, besides designated Skywalk, we luckily hit the under rated horse wagon activities and saw the original Hualapai Tribe's life style. (Grand Canyon is divided into North Rim, West Rim and South Rim. West Rim is owned and

operated by Hualapai Tribe; Skywalk is located in West Rim).

No bags, cell phones, anything are allowed on the horseshoe-shaped Skywalk. After going through the strict check point, everyone was given a pair of disposable slippers to put around the shoes to minimize the scratch on the bridge. In order to get a picture of you standing on the bridge, there's a photographer on the bridge ready to take picture of everyone. But the picture souvenir is pretty pricy with \$35. Psychologically, we were assured that the bridge was designed based on physics principles and is undoubtedly safe. However, stranded above 4000 feet up with a thin glass bottom, instinctively, we just did not feel comfortable to walk normally.

Everyone seemed to be on slow motion when moving on the bridge. The view is really breathtaking!

It's not only relaxing but also rewarding to experience the beauty of grand nature and the thrill of sleepless night live. Equilibrium! We took this tour with Chinese tour operator and spent a couple of hundreds only. I highly recommend this kind of economical bilingual tour (conducted in English and Chinese) to our Asian community!



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2007 Year in Review

By Jessica Eng

2007 can be celebrated as a year that brought momentous changes to Chinatown's landscape. It was a pivotal year that included several changes in American immigration policies and development plans. 2007 was also filled with exciting events that preserved and celebrated Chinese history.

There were several premiers and exhibitions that celebrated the history of Chinese art in different mediums. In September, the annual Films at the Gate exhibition attracted over 200 people to Hudson Street where the audience watched a medley of Chinese films. "Nanking", the documentary about the rape of Nanking premiered

in November to a packed audience. Museum lovers were also treated to the once private collection of Mr Wan Go Weng. In November the AACA, publisher of Sampan, was welcomed into its new home on 87 Tyler Street. The building also houses the Kwong Kow Chinese School.

Controversy remains over whether the Commonwealth of Massachusetts should adopt fully translated ballots. In December the AAC publicly endorsed transliterated ballots. Along with talk over the possibility of transliterated ballots there have been modifications in both the citizenship test and the naturalization tests. In other news, civil rights groups were outraged in July

when the "Quincy 4" were found guilty on charges of disorderly conduct in Quincy District Court.

The 2006 development talks concerning Chinatown properties have gradually become actions as Boston's Redevelopment Authority took charge over the anticipated sale of Tai Tung Village. Meanwhile, the Dainty Dot building was listed as "endangered" by Preservation Massachusetts but developer Ori Rom has progressed in his development plans. The MTA is also well on its way to developing the much talked about Parcel 24 land on Hudson Street.

Following are several highlights of 2007:

January

Elaine Ng is named the new executive director of BCNC (Boston Chinatown Neighborhood Center) during their expansion and implementation of several new programs including a new Family Services program.

WGBH 44 airs "My Life... Disoriented" a 30 minute short film that revolves around an Asian American family in Bakersfield, California.

Truc La, a Vietnamese immigrant who worked at a chemical company in Wilmington, Mass, was given \$230,000 to settle a discrimination lawsuit

February

US Citizenship and Immigration Services introduced a redesigned citizenship test in 10 states. However, local advocacy groups believe the new test is too problematic.

Citizenship and permanent resident fees were increased by hundreds of dollars, USCIS (The United States Citizenship and Immigration Services) claims that the fee increase will help provide better services. The Massachusetts Immigrant and Refugee Advocacy Coalition all opposed the fee.

Chinatowns Josiah Quincy Upper School excels in attendance and graduation rates according to a study done by the Massachusetts Department of Education.

March

The Taipei Economic and Cultural Office in Boston moved its Culture Center to the city of Newton..

In the election for District 2 city-council seats, a study finds that the Chinatown vote recent reports show that residential changes will affect

Mayor Thomas M. Menino along with representatives of several Chinatown community organizations celebrated the dedication of the Chinese Immigrant Memorial at Mount Hope Cemetery in Mattapan.

April

A new book entitled, "Impounded: Dorothea Lange and the Censored Images of Japanese American Internment", written by Professors Linda Gordon and Gary Y. Okihiro, displays numerous photographs taken by renowned documentary photographer

Dorothea Lange which were hidden by the US Government.

Suyeon Yang, the former chief editor of the New England Korean News, starts her own weekly newspaper called the New England Korean Alliance Press(KAP).

Historic Buildings on Harrison Avenue including Hong Far Low, the oldest restaurant in Chinatown were set to become housing.

Chinatown picks Linehan. A total of 7,749 Bostonians voted on April 17 in the District 2 preliminary race. District 2 includes Chinatown, The South End, Bay village, and parts of Roxbury and Dorchester. In Ward 3, Precinct 8 in Chinatown, more than half of the area's active registered voters voted for Linehan. Bill Linehan, a longtime City Hall employee's. Despite Mr. Linehan's victory, Susan Passoni still came ahead of Linehan by a few dozen votes in the overall district.

Boston Police commissioner Emphasizes Community Policing Boston Police Commissioner Edward F. Davis spoke in Chinatown's China Pearl restaurant with several immigrant organizations and emphasized community policing. The commissioner stressed the importance of creating positive relationships between officers and residents, businesses, and community leaders. Davis said that he would encourage Boston police to refrain from asking city residents about their citizenship status in order to build more trust.

May

BRA Supports Sale of Tai Tung Village The BRA expresses concern over the deal between the tenants association and the nonprofit owner of Tai Tung Village, the Chinese Consolidated Benevolent Association. Originally, the 214-unit apartment complex in Chinatown, was set to be sold for \$4.5 million. However, since then negotiations regarding the deal have stalled and Boston Redevelopment Authority's director Paul McCann, has decided to take action. He met with the two organizations and tried to facilitate the conversion of Tai Tung Village into a tenant-controlled apartment complex.

Hear them Roar On May

16th several leaders of Chinatown organizations celebrated the installment of two new lion statues at the Chinatown Gate.

Book to Record History of Boston's Chinese A photographic history of Boston's Chinese from the 1860's to 1960's is set to be completed in the form of a 128-page book by August. Arcadia Press signed a contract with the Chinese Historical Society of New England and local historian Wing Kai to document early Chinese immigration to Boston

June

Susan Passoni announced that she will not run in the District 2 City Council race this November.

Proposed Shift from Family-Based Immigration Concerns Asian American Rights Groups Asian American legal groups oppose a newly proposed immigration reform bill that is under review by the U.S. Senate. One provision of the new bill plans to shift U.S. immigration policy from the "family-based" system to a "merit-based" system, which gives higher preferences to applicants with high educational attainment, English proficiency, and job skills. People would no longer be able to sponsor their siblings and adult sons or daughters to immigrate to the U.S. based on familial relationships. Also, the number of visas for parents of U.S. citizens would be capped. The Asian American Justice Center is supporting an amendment to move the deadline up to January and several civil rights groups are calling on Congress to oppose the bill.

The Weng Collection Is at the MFA The exhibit entitled, "Through Six Generations: The Weng Collection of Chinese Painting and Calligraphy" will be on display at the Boston Museum of Fine Arts until August 1. The exhibit highlights the works of Chinese art from the private collection of Mr. Wan-Go Weng, whose great grandfather is the Qing dynasty mandarin Weng Tonghe. The collection includes a 50 foot hand scroll called "One Thousand Li up the Yangzi River".

Chinatown Educators See Hope in New School Superintendent Carol R. Johnson, formerly the Memphis school chief, is selected to become Boston's new

school superintendent. She will begin in August. Principals of Chinatown's elementary and upper schools say they are confident that because of her experience in working with schools in Memphis and Minneapolis she will have an easy and successful transition into working with Boston's Public Schools.

July

Guilty Verdict Draws Outrage Three of the four defendants known as the "Quincy 4" were found guilty on charges of disorderly conduct and resisting arrest on June 22 in Quincy District Court. Quan Thin and Tat Yuen of Quincy were convicted on both charges and were sentenced to serve the first 10 days of a six month suspended prison sentence as well as two years' probation. Karen Chen former Chinatown activist, was acquitted of disorderly conduct but sentenced to 18 months' probation for resisting arrest. Howard Ng of Somerville, the fourth defendant, was cleared of a charge of disorderly conduct. The "Quincy 4" were stopped by the police on April 30, 2006, and according to a police report by officer Robert Curtis, threw punches and screamed obscenities at the police. Karen Chen and her friend maintain that the Quincy police pepper-sprayed the group without provocation and gave Yuen a concussion. The Quincy 4's supporters are outraged and believe that the sentence issued by Judge Mary Orfanello is too harsh and some feel that racism played a part in the decision.

Candidate "Virtue Soup"? Not Likely, Say Linguists, Activists A small group of Asian American protestors and their supporters demonstrated at the Massachusetts State House on July 9 in support of fully-translated bilingual Chinese-English ballots. Secretary of State William Galvin is opposed to transliteration citing potential confusion and imprecise translation of foreign names. However, the majority of voters in the Chinatown voting district have limited English abilities and believe transliteration would allow them to more fully exercise their voting rights.

August

The Year of the Gate. The Chinatown Gate turns 25. Peter Chan, who used to work in a neighborhood liaison office for then-mayor

Kevin White, said that the neighborhood wanted the gate to show that it was an official Chinatown. The plans to build the gate have survived several roadblocks including after 1979 when President Jimmy Carter officially began recognizing Beijing instead of Taipei. Because of the change in U.S.-Chinese relations, members of the Browne Fund worried if building a Taiwan-donated gate would offend China.

Some Fear Anti-Immigrant Backlash. Following the collapse of the immigration reform bill, several Asian American and immigrant rights groups say they fear a rise in so-called "anti-immigrant" measures that were proposed and passed at the federal and municipal level across the country. The Asian American Justice Center, National Immigration Law Center, and the South Asian American Leaders of Tomorrow feel that the momentum built from opposing the reform bill is now being translated into efforts to limit the rights of immigrants legally and illegally in the U.S. John Keeley, a spokesperson at the Center for Immigration Studies said that, the referenda and ordinances are not targeting immigrants but illegal aliens and that he has not encountered any ordinances that want to restrict rights for legally, lawfully-admitted immigrants to the United States. Boston City Councilor Felix Arroyo is promoting a measure that would allow green card holders the right to vote in municipal elections.

September

Film Series Brings Classics to Chinatown Audience Continuing a tradition that began in 2006 with Sam and Leslie Davol, series of Chinese films are shown at the end of every summer in an empty lot in Chinatown. Over 200 people attended on Friday and Saturday to the lot on Hudson Street to watch a variety of Chinese films ranging from Shanghai Knights to the oldest surviving Chinese film, 1922's Laborer's Love. The event benefited A-VOYCE, Asian Voices of Organized Youth for Community Empowerment, a program from the Asian community Development Corporation.

Launch of Multicultural Immigrant Coalition Against Violence On September 11, 2007 the Multicultural Immigrant Coalition Against Violence(MICAV)

launched a survey to representatives from several organizations across Massachusetts that work with immigrant victims of domestic violence and sexual assault. MICAV is part of the Asian Task Force against Domestic Violence (AASK), which was founded in 1987 and provides services to Asian women and children who are victims of domestic and sexual violence. According to the survey there is a lack of cultural competency among service providers that hinders effective services to victims of domestic violence and sexual assault.

Phase I of Library Study Unveiled Miller Dyer Spears held a meeting at the Metropolitan building at 38 Oak Street on September 18 to begin a study regarding a Chinatown library. The library will be between 15,000 and 20,000 square feet. Many are eager to begin looking for a place to house the new library.

October

Dainty Dot Building "Endangered" Preservation Massachusetts names the Dainty Dot building one of the "10 Most Endangered Historic Resources." The Dainty Dot building was built in 1889 and is currently home to the Dainty Dot Hosiery Company. Developer Ori Rom now plans to construct a 29 story condominium tower in its place.

NECO Inaugurates Elizabeth Chen On September 29, Elizabeth Chen was inaugurated as the 11th President of the New England School of Optometry at the Boston Latin School. She is the first woman and the first Asian person to serve as head of an optometry school in the United States. Ms. Chen immigrated to the United States when she was 7 and earned an MBA from the Wharton School at the University of Pennsylvania. At the ceremony, U.S. Representative Michael Capuano praised the NECO for their commitment to providing free eye care in health clinics and homeless shelters in the Boston area.

Changes to Naturalization Test On September 27th the United States Citizenship and Immigration Services announced a new civics component to the naturalization test. The new component consists of 100

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questions instead of the old 96 question test. These test changes are part of attempts to create a test that focuses less on factual knowledge and more on assessing understanding material.

November

Chinatown Community Education Center Opens On October 25 a ribbon cutting ceremony was performed at 87 Tyler Street with Boston's own Thomas Menino's blessing. Some of the distinguished guests included were City Councilor-at-Large Sam Yoon, Quincy Asian Resources Inc Executive Director John Brothers, head of the Chinatown Safety Committee Bill Moy, and Boston Chinatown Neighborhood Council Executive Director Elaine Ng. The new building at 87 Tyler Street will house both the Kwong Kow Chinese School and the Asian American Civic Association, publisher of the Sampan.

Harvard China Care The Harvard China Care organization held its second annual Fall benefit and Silent Auction on November 15th at the Lenox Hotel in Boston. HCC is the first college branch of the national China Care organization that provides volunteer services and financial assistance to orphanages in Luoyang, SaiQi, Beijing, and Tianjin.

A Dream Fulfilled The much anticipated documentary "Nanking" previews to an audience of 1200 in John Hancock Hall. The event commemorated the Rape of Nanking and celebrated the legacy of Iris Chang, author of "The Rape of Nanking". The documentary was directed by Academy award winning team Bill Guttentag and Dan Sturman. It was also produced by Ted Leonsis, the vice chairman of AOL.

December

New Questions on Dainty Dot's Future On November 28th the Mayor's Central Artery Completion Task Force released a summary of their concerns concerning the building. One of their most serious concerns is the height of the building because it is more than three times the allowable height in its zone. The height may block light from entering into the Chinatown park. Several organizations expressed concern over the possible gentrification of Chinatown, which may jeopardize the Chinatown's ability to remain a place for new immigrants to settle affordably.

AAC Endorses Transliterated Ballots for Boston The Asian American Commission determined that "a fully translated ballot" which includes the transliteration of candidate's names into Chinese

characters-is a vital step towards ensuring maximum possible voter access and participation by the Commonwealth's citizens who live in the City of Boston". Secretary of the Commonwealth William Galvin originally expressed concern that the transliterated names would cause misunderstandings about the candidates. In August the District Court refused to rule on whether or not ballots should be fully translated.

Re-Design for Parcel 24 New proposals began for the development site known as Parcel 24 on Chinatown's Hudson Street. The Asian Community Development Corporation wants to better integrate the structure into the existing surroundings. As part of the new design, there will be more foot-age added to the park. In late November as per a development agreement with the MTA, which owns the property. There will be 5,500 square feet of retail space, 6,050 square feet of community space, and 165 underground parking spaces, as well as over 10,000 square feet of open space. 50% of its 325 units will be affordable, and the revenue generated from the market rate condos will be used to cross-subsidize the affordable housing units. On January 8th there was a meeting to gather input from members of the community.

1968, Year of the Monkey

By Liem Tran

Lunar New Year is called "Tet" in Vietnamese, and brings back lots of memories for Asian adults—how we used to look forward to it with full excitement and mix of anxiety. We were looking forward to putting on a new outfit and waited to receive that Red Envelope of Money. Here is how I remember the Lunar New Year of 1968.

A pregnant Vietnamese woman was about to go into labor (For those of you who are not familiar with this period in history, the Vietnam War was at its high point, and getting world attention). The city of MyTho was under bombing and fire, streets were blocked and all civilians were either running or hiding under shelters. This pregnant woman needed to get into the hospital to deliver her child, and there was no way that she could get anywhere without government permission. Fortunately, her husband happened to be the city police chief who would have access through blockages. He drove her behind his motorcycle to get her to the local hospital. After the child was born, she was shortly discharged to rush home to her six other children who were hiding under the bomb shelter.

Across the town where she lived, bomb-

ing continued destroying many homes, rousing people's curiosity as they stood on the safe side of the town and watched. As the woman carried her newborn past other people, watching the fire, her friend noticed that her right shoulder was bleeding and pointed it out to her. The woman quickly realized that she had been hit by a bullet. She was panicked, and thought that the bullet may have also hit the child's head. People surrounding her were rushing to check on the child's head - no injury

observed, the child was safe.

Twenty-five years later, that newborn child is now an adult and was told the story for the first time. He was reminded by his mother that how lucky he was, the luck was associated with this New Year that brought to his life. And for some reasons, the man has a vivid image in his mind of how the event happened just like he was there in person.

Written by someone who grew up in the torn war, in which history continues to repeat itself

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Warm Wishes
and

a Happy New Year to
the Asian American Community

Chinese Horoscope 2008 Feb 7 - 2009 Jan 25

2008 The year of Rat arriving on Feb 7th.

By Han Teen See

2007 the year of the Pig was a very unstable one. Behind the smoke screen of a property craze in Singapore, the year was filled with political unrest in many countries, market turmoil, terror attacks, natural calamities and illnesses. Good news for all! Though in the early months of the 2008 Chinese year, the after-effects of 2007 will still linger around with us, 2008 the year of Rat is going to be an easier year for most of us in general. It will be filled with greater vibrancy and energy. It is time for you to stand up, to do some stretches and read on...

Movement is the word that governs this year. What does that mean? There will be more traveling for us. It could be either for business or vacation. Our hearts will be screaming for the latter. Many people will be migrating, relocating or even moving actively about within a

country.

If you are traveling, migrating or relocating to another country while enjoying the excitement, remember to be aware and sensitive to the local cultures and blend in with society without losing your individuality. This is highlighted because humans are territorial. When the locals feel that there is a sudden increase in foreigners, hostility will arise easily and inevitably. Any misbehavior or insensitive gesture may spark off conflicts between the locals and the foreigners. Be street smart and be aware of your surroundings.

Another aspect of 2008 is that it is a great time for socializing, networking, building rapport and participating in team activities. If you are in sales, this is a golden period for you to increase your client base, build rapport

with your existing clients, get new leads, clinch that new deal etc. In general, this is the time to get out there and be with others. Meet new people both through work and personally. This is the time for you to meet people who can inspire you, see the strengths in you, support you and even to finance or help you to achieve your dreams. During this period, it is more important than usual for you to be positive so that you can attract positive people into your life.

Industries that can catch on to this positive vibe are property, hospitality, tourism and entertainment. If you have business dealings within these areas, you should reap the best out of it. There will be ripple effects that will spread to other industries too.

Wish you all the best and good luck.

Rat

General

Many people may have the misconception that when the year has the same animal sign as you are, most likely your luck is going to be worse than usual. This is not the case for you this year. This year is going to be filled with good news and opportunities. This is a great time for you to transform your dreams into reality - to pursue the dream job, the dream position, the dream salary, the dream business etc. Do not feel that your dreams are out of reach as you will get the support, meet the right people and find the appropriate resources that can bring you to your goal. Keep your heart and mind open. Remember that no matter how good the stars align for you, you still have to do your part in order to reap the best out of it. On the other hand, there will be more disputes, arguments, betrayals and misunderstandings than usual in this year. Try to be humble, keep yourself calm and objective at all times. Things will turn out well. Avoid being too stressed out. Watch out for being hospitalized and being involved in accidents.

Career

Promotions, pay rises and more power is in store. If you have plans that you would like to implement, this is the time to do so. You will get the support from authority figures and relevant people. If you have been thinking of starting a business, this is also a good time to do so. On the career front, there will be more disputes and arguments and many may not be able to see eye to eye with you or may not be able to understand the way you handle situations. Remember to be more patient with others. Try to spend some more time in explaining and convincing rather than bulldozing your way through.

Wealth

It is very good for both your main sources and side

sources of wealth.

Relationship

For those who are attached or married, there are more tensions in relationships this year. The frequency of disputes, cold wars or misunderstandings is higher than usual. Keep the communication channels open and be more patient with each other despite the high levels of stress that you may be going through. For those who are single, the chances of meeting the right person or falling in love in this year is rather slim. Your abrupt behavior or unpredictable temper could push away your suitors. Try to stabilize your temper and observe yourself through a third party's eyes.

Health

While you are busy reaping the best out of this year, remember to have adequate rest. There is a high tendency of having illnesses such as the flu and other illnesses that are related to anxiety such as headaches and gastric problems. There are also signs of being hospitalized and involved in accidents.

People

There are a lot of arguments, betrayals and misunderstandings this year. Avoid getting into head-on conflicts with others. If you feel that someone is testing your patience or trying to antagonize you, show the person how gracious you are by being patient and smiling it off.

Action

Place a Howlite and Smokey Quartz Cluster near you. It can be on your office table or in your bedroom.

Ox

General

Good News! You have a premium ticket throughout this year. This is especially so for males. For females, you would gain more benefits if you could get assistance and support from males. In general, you will do very well in terms of career and wealth. If you have any plans, personally

or professionally, this year is the time to put them into action. Despite your success in career and making more money this year, you will still feel a strong sense of insecurity and emptiness within. You will tend to be moody and depressed. Your moodiness will affect your emotions, relationships, wealth and health this year. This may lead you to indulge in activities in order to escape from the truth. The deeper you try to bury the issues, they will come back to haunt you. Why not take the opportunity of being in such a good year to work on these issues?

Career

This is a good year in terms of career. There are chances of promotions. Your bosses and authority figures will give you ample opportunities to shine. You are going to exceed their expectations. You will be given more trust and responsibilities. There are also signs of salary increases. If you are in business, this is also the year to consider expanding your business, increase your market share and grow your revenue.

Wealth

It is very good for both your main sources and side sources of wealth. However, you might overspend this year. Whether your money will be able to grow exponentially depends heavily on whether can you save this year.

Relationship

For those who are married or attached, it will be a rocky year. This is mainly due to the insecurities and moodiness. The relationship tends to grow weak and brittle when one party is always not in a good mood. Gossip or devious third parties could easily worsen the situation. Communicate clearly as to how you feel to your partner. If you are unhappy and it has nothing to do with your partner, let your partner know. For those who are single, the chance of getting attached is slim due to your emotional instability. Before you can

attract the love of your life, you need to stabilize your emotions first.

Health

Your health is average in general. Do not indulge in activities that might harm your health such as drinking and eating excessively.

People

Average. You do not need to worry about backstabbing and betrayals.

Action

Place a Citrine or an Agate in your room or office to stabilize your emotions. Place a Vanadinite to curb overspending.

Tiger

General

You will be very busy this year and will always be on the move. There will be more traveling. There are even signs of moving house, migration or relocation. How well this year could be for you will depend heavily on yourself because there are not many lucky stars shining on you to provide the conveniences that you might need. The good news is that that there are not many obstacles before you to begin with. You will still do very well if you have been giving your best in terms of your career and financial management. You may feel especially emotionally detached this year and would like to have more personal space. This certainly will affect your relationships. The area that deserves your special attention is in the area of health and safety. There is a higher chance of falling ill or being involved in an accident or being hospitalized and having surgery this year. Please take good care of your health and have adequate rest. If you have elderly people at home, be careful of their health and safety too.

Career

In terms of your career, you will be able to perform well if your job or business requires traveling or moving around. You will also be able to do well if you are in sales or you

earn on a commission basis. This year, even though you may have a very tight schedule, ensure that you do not make impulsive judgments because there are great opportunities to be had. Do not allow your lack of time to be an excuse to deny yourself of opportunities and benefits that come your way. While you remain open and receptive to success and prosperity, do your own homework and use your wisdom. Do not rely too much on others.

Wealth

This is highly dependent on whether have you been sowing the seeds and utilizing the opportunities that are presented to you. If you have been doing your homework well, rest assured that your wealth luck is favorable.

Relationship

It will be a quiet year for singles. For those who are attached or married, you may spend less time with your partner due to your busy schedule, or you may go into cold wars frequently, or you may even feel emotionally detached from the relationship. There are even signs of a breakup. This year is a challenge for relationships

Health

There is a higher tendency of falling ill this year. Be careful of safety too. For those who have elderly people at home, be cautious of their health and safety too.

People

Do not need to worry about people problems this year.

Action

Put a metallic dragon at your wealth or Gui Ren position. Carry a jade Pixiu.

Tiger

General

There are more obstacles for those who are born in the year of the Rabbit compared to last year. More restrictions and sudden challenges will impede progress of your

desires. Your concentration is weaker and your attention span is shorter than usual. Hence, there is a strong tendency to overlook details or being forgetful. This year, it is important for you not to make impulsive decisions and if a decision is required, try to give it more time to think it through or request someone who you can trust to go through the details with you. The good part of this year is that your popularity is running high. It is a good time to build rapport, to meet new people, to meet people who could help you and to socialize and to be in a team. This year the people who could help you are females. While you are the star of the town, there are some green eyes casting their unfriendly glances at you. Remember not to make yourself an easy target for betrayal. There is a high chance of being involved in legal disputes.

Career

There are more sudden challenges that are expected to jump at you this year. Hence, always make contingency plans. You will function better in a team. If you could arrange the resources such that your teammates handle the technical or operational parts of the job while you handle the marketing and public relations side of it, your success rate will be higher. There will be more office politics this year. Be prepared to protect yourself well against it. Avoid gossip corners. Avoid flaunting your success or your popularity. There may be legal disputes due to envious people.

Wealth

Be extra careful when it comes to investments this year. This is mainly due to a lack of concentration and a shorter attention span. Either sleep on the idea for some time before making a decision or request someone that you could trust to go through the fine print of the contract before signing on the dotted line.

CONTINUED PAGE A10

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A PUBLIC INFORMATION WORKSHOP will be held on 1/30/08 at 7:00 pm in Room 14 at North Reading Town Hall, 235 North Street, North Reading, MA

Completed Applications and Required Income Documentation must be received, not postmarked, by 2/25/08, 2008

The Lottery will be held on 3/12/08 at 7:00 pm in Room 14 at North Reading Town Hall.

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Staying Healthy in the New Year

By Hanni Stoklosa

The new year is a time for celebration and reflection. It is the perfect time to create habits that will make this year your healthiest yet!

Read on to learn the secrets to creating healthy habits for your body (exercise, diet, and sleep), mind, and spirit!

Keep it simple. In order for any change to be incorporated into your life for the long haul, it has to be easy. For example, you know breakfast is an important way to start to every day. The reality is that you often only have five minutes to get ready in the morning. While you would love to cook yourself a bowl of oatmeal, it will never happen. So, find a quick fruit or prepackaged health snack that you can grab on your way out the door.

Change one thing at a time. Perhaps you recognize that you need to change your diet, exercise, AND sleeping habits to live a healthy lifestyle. For many people, it is too overwhelming to change everything at once, and they end up giving up on healthy living altogether. Rather than overburdening yourself, take things one at a time. Work hard to begin change in each aspect of your life, one at a time.

Keep it enjoyable. In order to sustain your

healthy habits, you have to enjoy them. For example, if you are the type of person who really likes to exercise outside, do not buy a gym membership. If running is boring, trying biking or rollerblading. Perhaps you really enjoy exercising with others—maybe sports like basketball, tennis, or badminton are the ones you should try.

Increase activity. The Centers for Disease Control states that adults should engage in moderate-intensity physical activities for at least 30 minutes on 5 or more days of the week. Work towards this goal by beginning to add activity into your regular routine. For example, take the stairs rather than the elevator. Bike rather than driving or taking the T to work.

Plan ahead. Living a healthy lifestyle will require some changes in your daily schedule, and in order to best incorporate them, you will have to start planning ahead. For example, if you often eat fast-food, plan ahead to have a healthy meal/snack with you when the hunger cravings arise.

Do not fly solo. Successfully changing your habits requires teamwork. If you have a friend or family member who will join you in committing to healthier living, you can work together and keep

each other accountable to the goals you have set.

Health is comprehensive. Health includes the mind, body, and spirit. Reading is an excellent means for challenging your mind. By carrying reading material with you, you can utilize opportunities on the T or waiting in lines to engage your brain. Learning is a treasure that will follow its owner everywhere. Also, sleep is crucial for maintaining every aspect of health. Adults should get six to eight hours of sleep a night. In addition, showing kindness to friends and strangers nurtures your spirit.

Health living will help you live longer! Recent research reveals that four lifestyle habits may be linked to an increased lifespan, according to the University of Cambridge Institute of Public Health. The authors found that "[p]articipants who didn't smoke, drank alcohol moderately, exercised daily, and ate at least five servings of fruits and vegetables every day lived an average of 14 years longer than those who didn't adopt any of those lifestyle practices."

It is never too late to begin an active lifestyle! Ultimately, you will live a longer, happier life as a result!

HISTORIC CHINATOWN

Chinese New Years' Past

By Christopher Rogacz

With the publication of "Chinese in Boston, 1870-1965," by Wing-kai To and the Chinese Historical Society of New England, the business of disseminating a forgotten visual history of Chinatown has taken an enormous and important step. As such, this will be the last "Historic Chinatown" column in the Sampan. It is my hope that the long-ago moments that have been reproduced on this page—which have mostly been from the perspective of outside writers and artists—illustrate both how much has changed, as well as the historical continuity of a neighborhood continually having to struggle with and for its identity.

The poem to the right was published 119 years ago, on February 1, 1889 in the Boston Daily Globe. The author is given only as M. N. E.

The image below is courtesy of the Prints Department of the Boston Public Library. Taken in 1929 by Leslie Jones, the image is captioned "Chinese-Americans in Boston celebrate the Chinese New Year with traditional dragon dance."

NEW YEAR'S IN CHINATOWN.

O, who can tell the tale aright,
Or celebrate the story,
When China's flag salutes Chinatown
So red that it is gory?

When John's New Year is ushered in
With joy and gongs a-clanging;
When chop sticks fly and joss-sticks burn,
The tom-toms are a-lazing.

When about-eyed, smiling, sleek and sly
The shikels all was frisky,
And full of fat-tail soup washed down
With ten and ten Gow whiskey!

When Goot Son Noi and Yon Wo Gan,
Like Gong and things far harder
To speak—or eat—like New Sen Ping
And Pook Oh peek the harder!

When Dulu Oh, Bill and perfumed pork,
And Yacanto come in, too!
Like as you fat run, as well
As old Ben Cheo gin, too.

And dices dainty dices, that
With Mongols are a passion,
The thought of eating which would blanch
The cheek of your Caucasian.

When opium, fan tan, discord—all
That makes this life worth living,
To Ching a lung John Chinaman—
Their heathen joys are giving.

O, when, in short, it's just high jinks,
With Joss, we can but rig tales
From Gooey! Well, can you be so
Permitted by the lights!

To share the Flowery Kingdom's claw
Of soul or feast of reason;
John works the Chinese Wall for all
It's worth, this New Year's season.

M. N. E.



Best wishes for 2008 Year of the Rat



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FROM PAGE A7

Relationship

This is a very good year in terms of relationships. Those who are attached will have a high chance of getting married this year. There is a strong chance that singles will meet the love of their lives. For those who are married, the passion in their relationship will be burning bright.

Health

There is a high chance of falling ill and being accident-prone. Have adequate rest to ensure that you are always alert. This is especially so for those who drive.

People

There are many back-stabbings and betrayals this year. Avoid sharing too much information with people who may have a conflict of interest with you. The irony is that due to your strong popularity this year, there are some people who will not like you to be so likeable and decide to make life tougher for you than it should. Protect yourself by not flaunting your popularity and keeping a low profile. There are signs of being involved in legal disputes this year.

Action

Put a Hematite to reduce the chance of being involved in legal situa-

tions. Place a Metal Pagoda in your concentration area on your office table. If you drive, you will require a Chan Chu Wealth Toad in your car.

Dragon

General

Though you will have many opportunities in terms of promotions, bestowed more responsibilities or the expansion of your business this year, there are more challenges ahead compared to the year of the Pig. You will be busier than usual but not necessary fruitful due to severe people problems. There will be more misunderstandings, betrayals, back-stabbings, and disputes this year. Hence, it is important to watch your back. Do not participate in any gossip corners and certainly avoid direct conflicts with others. There is also a high probability of being involved in legal situations. This year you might want to have more personal space. You will also be interested in religion, philosophy, metaphysics and other new age topics. This is a good year for those who are studying or doing research.

Career

The authority figures, management or your boss are likely to give you more opportunities to show of your strengths this year. There are more chances

of promotions or being given more responsibilities. If you are in business, you may be considering expanding your business. You will be busy this year. However, severe office politics will prove to be very challenging for you. Avoid direct conflicts with others. This is the time to utilize your diplomatic skills. Do not trust anybody on the career front this year.

Wealth

Though your wealth luck is good this year, there is a concern of losing it through legal problems. If you are investing this year, you must do your own homework and go through the fine print. Even if it means that you need to take a longer time and greater effort to study into it before making a decision, it will be worth it.

Relationship

For those who are attached or married, you may want to have more personal space this year. For those who are single, the probability of meeting someone special is rather slim. Hang in there.

Health

You may suffer from lethargy, gastric and stomach problems, weak concentration and a short attention span. You may be more forgetful. Try to have adequate rest and be positive. Most of the health issues that will

arise this year are due to people issues and being too stressed out. It may make you feel demoralized and even cause you to doubt yourself. Ensure that you surround yourself with a positive environment and positive people.

People

People problems are severe. Try to be humble, diplomatic and tactful. Avoid getting into any direct conflicts with others. Back-stabbings, betrayals and misunderstandings are very common this year. While others are trying to irritate you, especially on the career front, it is important to understand that you need to focus on your own goals and do not let others offend or affect your emotions so easily.

Action

Place a Hematite and Aragonite in your office or home.

Snake

General

This year is a better year than the last, but there is still a lot of instability lingering around. On the bright side, there are many people who will help you or give you the opportunities along the way. However, there are also rather severe people problems this year. There are many back-stabbings, betrayals and even direct confrontations. You will have very

good wealth luck this year, but at the same time you might suffer from an obsessive and compulsive behavior when it comes to making purchases. You tend to get obsessed over certain items and do not mind overspending or engaging in impulsive shopping sprees. Due to this behavior, it is going to be difficult to accumulate wealth this year. Another aspect to take note is that there is a high probability of falling ill this year.

Career

Office politics can prove to be rather painful. Even when there are opportunities given to you to implement your plans or when you have nearly reached your goal, there will be someone who will try to block you from success. Be careful of how you deal with them. Avoid direct confrontation and try to get more support instead.

Wealth

Though your money luck is good this year, you will tend to overspend this year. You will find yourself easily engaging in impulsive purchases or indulging in shopping therapy. Try to have a good look as to how you spend your money. You might have difficulty in accumulating wealth and even spend more than you earn. Be aware that it is always good to save for rainy days.

Relationship

For those who are attached or married, there is a high tendency of quarreling or going into cold wars. It may be partly due to the high stress caused by your work. Another possible cause of disputes is due to gossip or people who want to place a strain on your relationship. Ensure that you have good communication with your partner and do not get into a quarrel due to hearsay. For those who are single, you might not be in the right state of mind or emotion to be in love. Hence, even if the love of your life appears, there will be great hesitation on your part and you may miss the opportunity.

Health

Not good. You tend to have injuries such as sprains or fractures this year. You are also more accident prone than usual. If you need to drive, please ensure that you have adequate rest.

People

There are severe people problems this year. There are many irritating people that might obstruct you from your goals or make life more difficult for you. Beware of betrayals, back-stabbings and misunderstandings. Avoid getting into direct confrontations with others and always appear to be nice.

CONTINUED PAGE A12

Best Wishes for A Happy New Year

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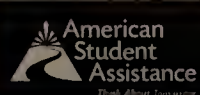
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Congressman
Mike Capuano
8th district

FROM PAGE A10

Your temperament may be very unstable this year and will attract more people problems. Try to control your temper.

Actions

Place a Vanadinite in your wealth sector. Put a metal gourd in you health sector. If you are driving, you need a Chan Chu Wealth Toad for your car.

Horse

General

This is a very unstable year for those who are born in the year of the horse. The assistance that you can get from others is very minimal this year. Hence, it is important for you to make the best conscious effort to reduce the challenges you will have to face this year by being alert and prepared for all eventualities. There are many challenges this year. This includes overspending, being cheated by others, making losses in investments and getting involved in legal situations. Please be extra alert this year in terms of reading of the fine print in documents. Ensure that you really understand the details before committing and signing on the dotted line. In terms of investing, do not trust others easily. Do your own homework and take note of all the paper work. Apart from this, do not be guarantors for anyone. In addition,

your health is unstable this year. If you have elderly at home, do take note of their health and safety. Keep to a safe and conservative approach this year to stabilize your life instead of trying too much. The ripples that you create might cause a huge wave that swallows you later.

Career

This year, try to keep a low profile. Do not get demoralized when there are lack of opportunities and many restrictions that impede progress in your career. This year, it is important to remain calm and to spend more time strategizing rather than trying to be in the limelight. If your job requires you to sign contracts, ensure that you study through carefully the fine print before putting your signature on the dotted line. Do not make impulsive decisions. If there are people who would like to entice you in to investing, make your own assessment and do not trust people easily. You are vulnerable to being cheated this year. Be careful and avoid legal situations.

Wealth

You tend to overspend or make losses in investments this year. Beside, there is a probability of being cheated or getting involved in legal situations. This year, avoid making investments or lending money to others. Try to stick to a stable income

rather than thinking about making a quick buck. Conservative wealth management suits you very well this year.

Relationship

For those who are attached or married, be careful of infidelity this year. A moment of happiness will cause a lifetime of regret. Be disciplined. This year, you will have enough challenges in many aspects of your life. You will need great support from those you love dearly. Do not let them down. For those who are single, you may have a hard time holding on to a stable relationship.

Health

You tend to fall sick easily this year, especially digestive problems, flu and colds. You are also more accident prone than usual. If you have elders at home, be wary of their health and safety too. For those who are elderly and born in the year of the horse, be careful of your spouse's health and safety as well.

People

There are people trying to cheat you this year. Do not trust others easily. Not only are they looking to cheat you in a monetary sense, they also will try to steal your opportunities. You can still be nice and yet hold a very strong conviction of not sharing sensitive and confidential information.

Action

Carry a jade Pixiu with you. Place a Hematite in your office or room. Place a Prosperity Garden and Vanadinite in your wealth position.

Goat

General

This is a fantastic year for those who are born in the year of the Goat. This is the time to implement your plans and to reap the fruits of labor that you have sowed. You will get the support and assistance from the relevant people easily. Though your luck is generally extremely good this year, remember to stay humble and always have contingency plans because there are many sudden crises too. Do not let arrogance get in your way. There are signs of legal problems this year too. Hence, avoid any illegal activities. Though you will be able to cope with the obstacles that arise this year, do not attempt to push your luck. Do tread with caution too.

Career

Your career luck is very good. This is a good time to shine at work. You will get support from your authority figures such as your boss or the management. If you are in business, you will get the support of your clients and your business will do very well this year. Remember

that while you prosper, always make contingency plans and expand conservatively. This year, there tends to be sudden incidents that may cause problems. You do not want to be caught off guard by it.

Wealth

This is a good year in terms of wealth. If you are investing, choose something that will grow steadily. If you are in business, allow your business to grow gradually. Do not rush into things. How good you are at conserving your wealth also depends on how well you are able to avoid legal situations.

Relationship

There might be more quarrels or disputes between those who are already in relationships, as there will more frustration this year due to stress. Be more patient and it is more important to communicate. It is much more difficult than in previous years for those who are single to find the right partner. For those who are single there will be more concern about the stress caused by other aspects of life.

Health

Be careful of illnesses that strike suddenly, for example, heart attacks and strokes. You are more accident prone than usual. Do not engage in any high-risk activities. This year, it is important to follow traffic

rules carefully and not to exchange conveniences with regrets. If you are driving, ensure that you have adequate rest.

People

There are more betrayals or back-stabbings this year. Some people may be jealous of your success and decide to make life difficult for you. Do be aware of this and remain humble and polite.

Action

Put a Hematite in your office or room area. Carry a jade Pixiu with you or a protection bag. If you are driving, you might consider having a Chan Chu Wealth Toad in your car.

Monkey

General

This year is a good for those born in the year of the Monkey in terms of concentration and learning. You can get this chance to take up courses, pick up new skills, and get involved in research or strategy planning. Take advantage while your focus and concentration is running high. This year, there are many people who tend to speak ill of you, finger point behind your back or gossip about you. There tends to be more office politics revolving around you or people will try to get you into trouble. Avoid gossip corners at all cost.

CONTINUED PAGE A14

**Wishing You Happiness,
Good Fortune and
Prosperity in this
New Year of The Rat**



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FROM PAGE A12

Of course, do not be the source of any gossip. What goes around will come around. Try to focus on what you are doing rather than focusing on what others are talking about you. Also, be diligent in your work and watch your back.

Career

This is a good year for career because you pick up information very quickly and are able to react to situations. However, office politics is very severe this year. There are people who will try to find your mistakes. They may speak ill of you, backstab you, finger point at you or try to get you into trouble. Shift your focus from others to what you have to do. Give your best shot and you will be able to reap the best out of this year.

Wealth

Average. It is a year that you can focus on conserving your wealth rather than growing it extensively. This year, it is important for you to be careful in terms of investment, lending money to others or being other people's guarantor as there is a high chance that you might get cheated. Try not to let greed lead you into losing more than you make.

Relationship

This year is an average year for those who are in relationships. Remember

not to bring rumors or gossip back home. This will disrupt the harmonious atmosphere in the family. For those who are single, the chances of getting into a relationship are rather slim. Some misunderstandings might create embarrassment for those whom you are interested with. If you like someone, it is important for you to be communicate clearly to the person involved rather than letting the person get the news from the grapevine. Do not share sensitive topics with others or else they will become great gossip topics.

Health

There is instability in the area of health. You might have insomnia, headaches and colds. You are also more accident prone than usual. Please take good care of your health and safety. Do have adequate rest and do not let people's opinion affect your emotions.

People

Bad. There are many people who would finger point at you, speak ill of you or try to get you into trouble. Avoid gossip at all cost, and keep your communication clear. Avoid making unnecessary comments. Pay more attention to yourself and the things that you need to do. Keep your emotions in check.

Action

Put a Paua Shell and

Lepidolite near you. Carry a jade Pixiu around. Do not place a golden rooster unless with professional guidance.

Rooster

General

This year, you are especially popular and there will be much socializing to do this year. Everybody wants to be your friend. Everybody wants to be part of your projects. Everybody wants to be associated with you one way or another. This is a great time to build rapport, to meet new people and to be involved in teamwork. If you are in sales or business, this is a perfect time to increase your client base or to build your contacts. During this great time, there is one lurking potential danger that might cause a downfall in your good luck. It is that there are also signs of vices such as gambling, drinking, smoking etc. Do not engage in a moment's pleasure that might cause you a lifetime's regret. This year, there is also much gossip and rumors revolving around you. Do not participate in it. Always be responsible for your words and actions. Do not push your luck and get involved in illegal activities. Also do not get involved with people that you should not be around with.

Career

This is a good year in

terms of career. You are welcomed by your peers, vendors and clients. It is a great time to build rapport, to increase your client base and to participate in teamwork. Most of the time you will realize that your popularity is so strong that colleagues or your peers will volunteer to do the work for you. There will also be more entertaining this year. It is important not to indulge too much in it. Always uphold your professionalism and utilize your popularity in a positive way. There is a high chance that there are some office rumors about you flying around. Do not get involved in any "indecent proposals".

Wealth

Your wealth luck is good this year. There is a good chance that you will be able to increase your savings this year. However, there are a few possibilities to foil your plans. One is that there is a high tendency that you might overspend on entertainment and socializing. Another is also not to get involved with illegal activities or people that you should not be with or else you might need to spend a huge amount to buy yourself out of trouble.

Relationship

For those in relationships, there is a high tendency that there will be a third party or the relationships may be hurt

by rumors and gossip. It is important to be faithful, honest and maintain clear communication with your spouse or partner. If any misunderstandings arise, try to clear the air soon. Do not take your spouse or partner for granted. For those who are single, this is a great time for you to get out there and meet new people. There is a high chance that you will meet that special someone.

Health

Do not overindulge in drinking, overeating and staying up late. Do not drink and drive. Remember that maintaining a healthy lifestyle will prolong your popularity and good luck. If you have elders at home, take care of their health and safety.

People

People will like to gossip and spread rumors about you because you are the hot topic of the town. There is a price to pay for being famous. You are responsible to keep your image and watch yourself closely. Even if you do not, many curious pairs of eyes and ears will not stop prying into your matters.

Action

Place a Hematite, Pagoda, prosperity garden and Amber in your office or room.

Dog

General

There is both good and bad news for those born in the year of the Dog. The bad news is that there is much instability this year. Your plans may seem to be smooth sailing but will suddenly hit a rock. You tend to be accident-prone this year and may have cuts and bruises. There are also signs of surgery. The good news is that you are given a special waiver card this year to wave off your troubles. In another words, no matter what crisis, challenges or obstacles you face this year, it will turn out well. The only thing you must remember is to keep your cool in the face of trouble. The solution will come to you before you know it. If you have elders at home, do take note of their health and safety.

Career

This is an average year in terms of career. The only concern is that you always need to make contingency plans for whatever you are doing. The reason is that the challenges usually will strike fast and when least expected. Though the problems will resolve themselves, do keep your cool in the meantime so as not to aggravate it.

Wealth

This is an unstable year for wealth. Sometimes you may find that you are earning a lot, but you may also realize that you

CONTINUED PAGE A15



In the year of the Rat, we wish our neighbors
a peaceful and prosperous Chinese New Year!

恭祝大家

新年快樂



Tufts
UNIVERSITY

FROM PAGE A14

have spent more than you should. It is important to watch your expenses.

Relationship

If you are attached or married, your relationship is stable. If you are single, there is still a chance for you to meet someone especially in the early part of

the year. If there are some suitable candidates, do consider seriously whether you will like it to develop into a relationship. Do not take too long to think because the opportunity will not wait for anyone.

Health

You are accident-prone this year. You tend

to have cuts and there are signs of bleeding. There are also signs that you might go through surgery. Please be extra careful in terms of your safety, especially if you are handling sharp objects or operating heavy machinery. If you have elders at home, please take extra care of their health and safety.

People

You do not need to pay much attention to this area in this year.

Action

Put a metallic gourd in your health sector. Put a metallic Pagoda in your wealth area. Carry the jade Pixiu with you.

Pig

General

For those who are born in the year of the Pig, though you have moved away from the unstable year of 2007, this year is not going to be easy for you too. Your health will be one of your top concerns this year. You are more prone to falling ill. It is more important to conserve your energy. Though you may have very outstanding performances in your career, you need to be very selective in who your allies are because there tends to be more power struggles this year. You will find that there are not many people who can help you. It is important to keep positive thoughts and surround yourself with positive people.

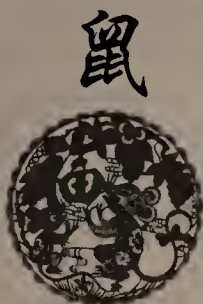
Career

On the career front, there are many power struggles. Office politics and unhealthy competition does not help matters. You need to be careful in who you choose to be your allies and also be careful

CONTINUED PAGE A16

祝您及您的家人

May You and Your
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快樂的新年
Healthy New Year!



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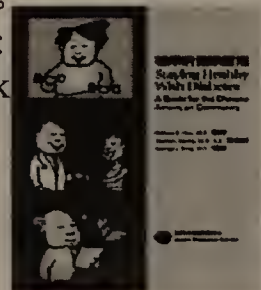
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Education & Outreach 教育&外展

• Staying Healthy with Diabetes -Bilingual guide *Staying Healthy with Diabetes: A Guide for the Chinese American Community*. 針對華裔社區的中英雙語“糖尿病健康指南”。Order a copy online 上網訂購: <https://store.joslin.org> and click on *Publications* or call 或撥 1800-344-4501

• AADI provides diabetes education among Asian Americans at community centers, language schools and health fairs. To discuss collaboration possibilities, contact AADI. 在社區中心和學校開辦講座，演講或展覽，提供關於亞裔糖尿病問題的健康教育。若有興趣合作，請聯絡 AADI。



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Joslin Diabetes Center

Joslin Diabetes Center: One Joslin Place, Boston, MA 02215

FROM PAGE A15

of not getting involved in unnecessary matters. You will need to put your foot down where necessary. Do not let others push you into a corner. This is the time that you need to revise and implement your political skills. Focus your energy on doing your work well and you will find that you are able to produce excellent results. If you are in

business, you will be able to stabilize your business this year. However, do not act aggressively. Go slow and steady and you will be able to achieve more in the long run.

Wealth

Money matters could be quite tight this year. Avoid investments.

Relationship

If you are in a relationship, you will have a loving year. You will get the support from your spouse or partner through these unstable days. If you are single, you will have a high chance of finding the love of your life this year.

Health

Not good. You will be more prone to fall ill because your immune system is especially low this year. Due to a lack of rest and spreading yourself too thin, you will increase your risk of being accident-prone. Please pay extra attention to your health in terms of having a healthy diet, keep your stress levels in check and do exercises regularly.

People

People could be quite nasty to you this year. You need to focus on what you want to accomplish and keep your eyes focused on your goals. Do not get distracted by gossip and power struggles. Remember to be calm and adopt your diplomatic skills.

Action

Place a Metal Pagoda in your wealth position. Carry a jade Pixiu. Place a Scepter near you.

Miss See Hau Teen is the founder of Jmine Consulting. Please visit www.jmine.com for more information. Miss See lives in Singapore.



**Wishing you
a**

**Happy and Healthy
Chinese New Year**

恭賀新禧



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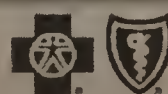
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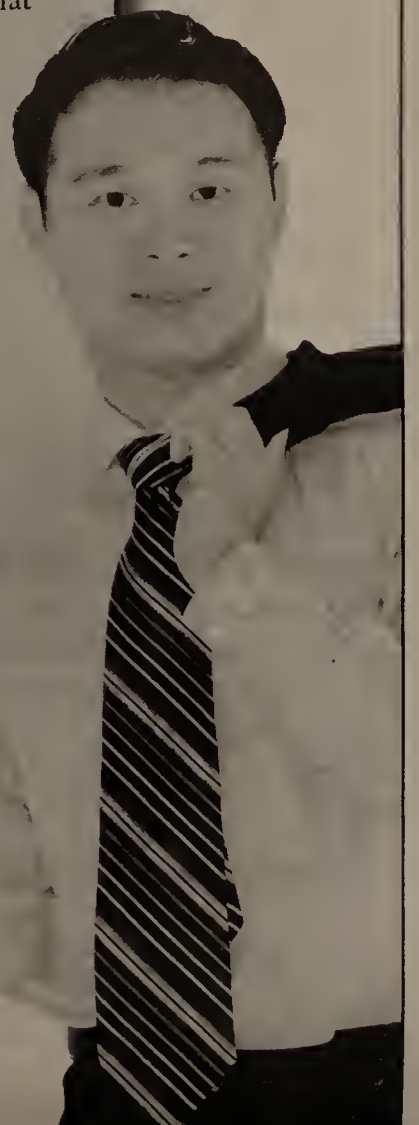
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MASSACHUSETTS



Mah Jongg, Manager Li, and Train Tickets to Lanzhou

By Benjamin Levey

Our journey onwards from Xian was not without its difficulties. We'd heard that it was difficult to buy tickets for "hard sleepers" on the train heading westward to Lanzhou. (In socialist China, there are no "classes" on trains, just hard seat, hard sleeper, and soft sleeper.) I inquired at the

travel agency in our hotel whether they had connections to help us buy hard sleeper train tickets. (In China, travels agents with the right connections often buy up large blocks of the most desirable train tickets, making it difficult to buy tickets directly from the station.) I was told that, although they

themselves were unable to procure said train tickets, they had an acquaintance, surnamed Li, who could help us. I spoke with Manager Li about our needs, and he said that he would be able to buy the tickets in question, and would send them to us at 3PM that afternoon. 3PM, however, came and went, without any sign of the train tickets. I stomped downstairs to the travel agency and demanded indignantly to know where our tickets were. The person working at the travel agency calmly informed me that, as it so happened, "it wasn't too convenient" for Manager Li to bring the tickets over: would it be possible for him to send the tickets over tomorrow at 9AM?

I've lived in China long enough to know that such vague excuses are white lies. Both parties are supposed to recognize that this is a face-saving way of saying that our pengyou Manager Li's connections had failed him, and that he wasn't able to buy the tickets. In Manager Li's mind, such a white lie was preferable, both for him and for me, than to admit-

ting to the (supposedly) embarrassing truth that he was not able to follow through on what he had promised.

However, we had just wasted half of a day waiting around for the tickets, and I wasn't in the mood to be culturally sensitive. I rather boorishly demanded to know why, exactly, it "wasn't too convenient" to deliver our tickets. After several feeble attempts to stonewall me, the travel agent said that Manager Li was busy playing mah johngg (majiang), and that once money was on the table it was impossible to pull him away. As I said before, the real reason was that he didn't, in fact, have the ticket in hand. Without ever admitting that he wasn't able to purchase the tickets, we eventually agreed that he would deliver the tickets the next morning. In the end, of course, he was only able to buy expensive soft sleeper tickets, not the hard sleeper tickets we requested. But after three days of hard-travelling, we definitely enjoyed the luxury of a comfortable bed on our train journey to Lanzhou...

New Year's Reflections...

By Diane Cordova

Chinese New Year, or the Lunar New Year, launches on February 7, 2008. As people prepare to celebrate the major holiday marking the first day of the first lunar month, the festivities are marked by family, heaps of food and hong bao, or the red envelopes containing monetary presents that are given during holidays or festivals. Sampan asked Chinese-Americans, Helen Ye and Allen Lin, about their culinary traditions - if any - for the holiday.

would cook a lot of food, especially my mom, and I would be given the red envelope - hong bao. We don't celebrate in the U.S., as we don't have family over here."

Allen: "[My family] is not very traditional. We cook dinner. We cook anything...a whole roasted duck...some people keep the head of the duck, usually a whole fish, steak, lobster."

What does Chinese New Year signify to you?

Helen: "When I was little, it meant celebrating with family and getting money."

Allen: "Spending time with family and eating good food."

Do you partake in any food traditions for Chinese New Year?

Helen: "When I was little in Shanghai. We would usually go to my grandparents. My family

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年
快
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Table 7

2008

Year of the Rat

恭賀新禧



新春大吉

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JANUARY 一月						
S	M	T	W	T	F	S
		1	2	3	4	5
		元旦	廿四	廿五	廿六	廿七
6	7	8	9	10	11	12
小寒	廿九	初一	初二	初三	初四	初五
13	14	15	16	17	18	19
初六	初七	腊八	初九	初十	十一	十二
20	21	22	23	24	25	26
大寒	十四	十五	十六	十七	十八	十九
27	28	29	30	31		
二十	廿一	廿二	廿三	小年		

FEBRUARY 二月						
S	M	T	W	T	F	S
					1	2
					廿五	廿六
3	4	5	6	7	8	9
廿七	立春	廿九	除夕	春節	初二	初三
10	11	12	13	14	15	16
初四	初五	初六	初七	初八	初九	初十
17	18	19	20	21	22	23
十一	十二	雨水	十四	元宵	十六	十七
24	25	26	27	28	29	
十八	十九	二十	廿一	廿二	廿三	

MARCH 三月						
S	M	T	W	T	F	S
						1
						廿四
2	3	4	5	6	7	8
廿五	廿六	廿七	惊蛰	廿九	三十	二月
9	10	11	12	13	14	15
初二	初三	初四	初五	初六	初七	初八
16	17	18	19	20	21	22
初九	初十	十一	十二	春分	十四	十三
23	24	25	26	27	28	29
十六	十七	十八	十九	二十	廿一	廿二
30	31					
廿三	廿四					

APRIL 四月						
S	M	T	W	T	F	S
			1	2	3	4
			廿五	廿六	廿七	清明
6	7	8	9	10	11	12
三月	初一	初三	初四	初五	初六	初七
13	14	15	16	17	18	19
初八	初九	初十	十一	十二	十三	十四
20	21	22	23	24	25	26
谷雨	十六	十七	十八	十九	二十	廿一
27	28	29	30			
廿二	廿三	廿四	廿五			

MAY 五月						
S	M	T	W	T	F	S
				1	2	3
				廿六	廿七	廿八
4	5	6	7	8	9	10
廿九	立夏	初二	初三	初四	初五	初六
11	12	13	14	15	16	17
初七	初八	初九	初十	十一	十二	十三
18	19	20	21	22	23	24
十四	十五	十六	小滿	十八	十九	二十
25	26	27	28	29	30	31
廿一	廿二	廿三	廿四	廿五	廿六	廿七

JUNE 六月						
S	M	T	W	T	F	S
					1	2
					芒种	初三
廿八	廿九	三十	五月	初二	十三	十四
8	9	10	11	12	13	14
端午	初六	初七	初八	初九	初十	十一
15	16	17	18	19	20	21
初十	十三	十四	十五	十六	十七	夏至
22	23	24	25	26	27	28
十九	二十	廿一	廿二	廿三	廿四	廿五
29	30					
廿六	廿七					

JULY 七月						
S	M	T	W	T	F	S
			1	2	3	4
			廿八	廿九	六月	初三
6	7	8	9	10	11	12
初四	初五	初六	初七	初八	初九	初十
13	14	15	16	17	18	19
十一	十二	十三	十四	十五	十六	十七
20	21	22	23	24	25	26
十八	十九	大暑	廿一	廿二	廿三	廿四
27	28	29	30	31		
廿五	廿六	廿七	廿八	廿九		

AUGUST 八月						
S	M	T	W	T	F	S
					1	2
					七月	初二
3	4	5	6	7	8	9
初三	初四	初五	初六	立秋七夕	初八	初九
10	11	12	13	14	15	16
初十	十一	十二	十三	十四	中元	十六
17	18	19	20	21	22	23
十七	十八	十九	二十	廿一	廿二	处暑
24	25	26	27	28	29	30
廿四	廿五	廿六	廿七	廿八	廿九	三十
31						
八月						

SEPTEMBER 九月						
S	M	T	W	T	F	S
				1	2	3
				初二	初三	初四
7	8	9	10	11	12	13
白露	初九	初十	十一	十二	十三	十四
14	15	16	17	18	19	20
中秋	十六	十七	十八	十九	二十	廿一
21	22	23	24	25	26	27
廿二	廿三	秋分	廿五	廿六	廿七	廿八
28	29	30				
廿九	九月	初二				

OCTOBER 十月						
S	M	T	W	T	F	S
				1	2	3
				初七	初八	初九
5	6	7	8	9	10	11
初七	初八	重阳	寒露	十一	十二	十三
12	13	14	15	16	17	18
初六	十五	十六	十七	十八	十九	二十
19	20	21	22	23	24	25
廿一	廿二	廿三	廿四	霜降	廿六	廿七
26	27	28	29	30	31	
廿八	廿九	三十	十月	初二	初三	

NOVEMBER 十一月						
S	M	T	W	T	F	S
						1
						初四
2	3	4	5	6	7	8
初五	初六	初七	初八	初九	立冬	十一
9	10	11	12	13	14	15
十二	十三	十四	下元	十六	十七	十八
16	17	18	19	20	21	22
十九	二十	廿一	廿二	廿三	廿四	小雪
23	24	25	26	27	28	29
廿六	廿七	廿八	廿九	三十	十一月	初二
30						
初二						

DECEMBER 十二月						
S	M	T	W	T	F	S
						1
						初四
7	8	9	10	11	12	13
大雪	十一	十二	十三	十四	十五	十六
14	15	16	17	18	19	20
十七	十八	十九	二十	廿一	廿二	廿三
21	22	23	24	25	26	27
冬至	廿五	廿六	廿七	廿八	廿九	十二月
28	29	30	31			
初二	初三	初四	初五			



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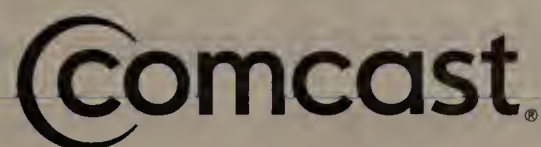
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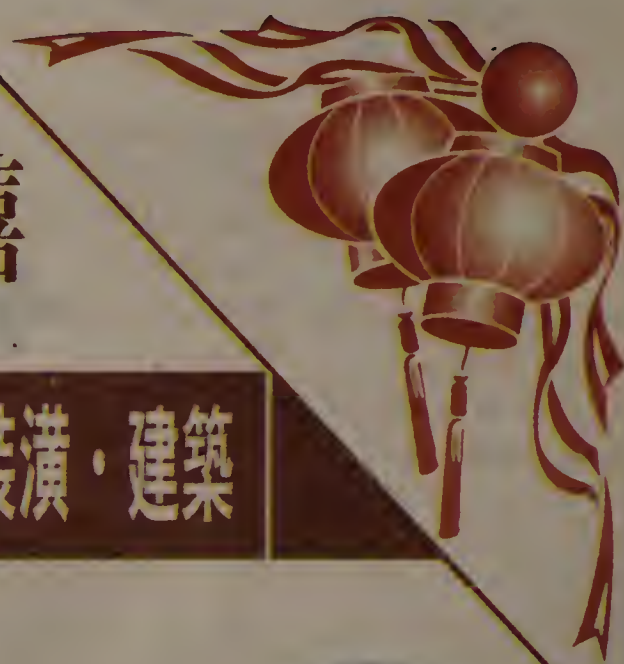
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社區簡訊

農曆新年 慶祝活動

時間：2/7/2008 (週四)
上午11:30至下午2:00
摩頓市老年協會Malden
Council on Aging
200 Pleasant Street
Malden, MA

時間：2/14/2008 (週四)
上午11:30至下午1:30
Monsignor Neagle 公寓
350 Charles Street
Malden, MA

時間：2/21/2008 (週四)
上午11:30至下午1:30
默頓住屋局Malden
Housing Authority
630 Salem Street
Malden, MA

時間：2/9/2008 (週六)
下午6:00
Clement O' Brien
Towers
73 Bicknell St.
Quincy, MA 02169

時間：2/22/2008 (週五)
上午10:00
Randolph Senior Center

16 Fencourt Ave.
Randolph, MA 02368

昆士農曆新年慶典
2008年2月17日
北昆士高中NorthQuincy
High School
時間：上午10:30-下午
4時.

碧波地埃塞克斯博物館
慶祝中國農曆新年



重點：電影，表演以及家
庭活動
時間：2008年2月16日
碧波地埃塞克斯博物館將
向觀眾展示一系列來自於
中國的令人興奮的活動節
目。

以下所有活動入場費用都
包括在博物館門票中。

2月16日 週六

獅舞表演
表演時間：

上午11:30
下午3:30

表演者：GBCCA
家庭藝術活動FAMILY
ART ACTIVITIES

時間：中午12時至下午
四點
地點：藝術工作室Art
Studios
參與者將瞭解中國十二生
肖的有關知識，並作藝術
手工來慶祝中國新年。

展示並學習：麻將
時間：下午1:00-4:00
地點：Bartlett Gallery
來自于GBCCA 的麻將
老手將手把手教您學習
如何打麻將，並與您分
享這144塊骨牌所帶來的
樂趣。

表演：Melody Dance
Troupe
時間：下午1:30
地點：Atrium

GBCCA成員將為您表演
一系列中國傳統舞蹈，其
中還包括一段戲劇表演。

電影：麻將
1998, 32 分鐘
時間：下午4:15 pm

地 點：Morse
Auditorium

在這一部溫馨的電影中，
導演展示了麻將這一有著
幾個世紀歷史的中國遊
戲，如何像橋樑般將幾代
人聯繫在一起。影片《麻

將》還展示了這一遊戲在
美華裔以及猶太裔婦女之
間的跨文化的影響。

亞太動力誠意邀請你參加
鼠年新春慶祝活動
二〇〇八年二月二十三日
免費入場，午餐每位\$3
地點：Beebe School403
Pleasant StreetMalden,
MA 02148
10:30am - 2:30pm
手工藝，書法，摺紙，遊
戲……等等
11:30am - 1:00pm 舞
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唱……等等
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華夏文化協會
邀請您一同慶祝新年]
時間：2月10日下午2時
地點：香港餐廳Hong
Kong Restaurant (哈佛
廣場)

華夏文化協會
第三屆年度盛會Third
Annual Gala

時間：週五 四月四日晚
六時

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(781)321-6316

昆士學校農曆新年慶祝會
2008年2月8日星期五
上午10時15分
為家長以及低年級學生
上午11時45分
為高年級學生
地點：學校禮堂
885 Washington Street,
Boston MA 02111
電話：617-635-8497
傳真：617-635-7778

波士頓慈濟新春祈福登場
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愛地、聚福緣

為迎接二〇〇八年，把愛傳
出去，慈濟基金會波士頓
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福」活動，將在新年春節
之際，於波士頓慈濟人文
學校隆重登場，主題為「
感恩·尊重·愛~敬天·
愛地·聚福緣」，期勉人
人敬天愛地，落實克己復

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「新春祈福」活動是
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歡聚，彼此感恩祝福的日
子。波士頓聯絡處將代表
證嚴法師贈送蘊藏慈濟精
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家祝福。

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日期：2/16/2008
地點：波士頓慈濟人文學
校
John Glenn Middle
School
99 McMahon Road,
Bedford MA 01730
時間：2:30 ~ 5:00 pm
慈濟波士頓連絡處電話：
(617)762-0569

紐英倫美東公安
鼠年新春宴會
週五 三月七日
晚上六時
帝苑大酒店
690 Washington Street
Boston, MA 02111

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豬

在拍拖的屬豬朋友在2008年的上半年的愛情會是最為濃情的時間，但下半年，就是由最濃情慢慢變得平淡，由於你們由最旺的農情轉向平淡，易在對方心中留下不良的烙印。

未拍拖，但有目標的屬豬朋友，如果目標是熟友，那2008年是最佳表白時間。

還是單身的屬豬的朋友在2008年可以在下半年左右向在身邊的朋友中比較熟的表白心意。

開運吉祥物：玉石鑲金牛、富貴魚

農曆正月

天干地支：甲寅

西曆時間：2008年2月

5日—2008年3月5日

今年第一個月運程比較旺盛，能得到貴人的幫助，事業和仕途方面有所改善。財運一般，不太適合做投機性投資。

本月比較明顯的是，做事情比較穩，沒有太大的奔波，人緣異常好。還沒有朋友的要格外留意，已婚者要提防桃花劫。

農曆二月份

天干地支：乙卯

西曆時間：2008年4月

5日—2008年5月5日

本月能潛心經營，事業應有不錯發展；對於工作方面有所上升的壓力，無須過多焦慮，平常心面對，自能順利度過。

財運方面要稍好於上月，但由於易變導致財富難以積聚，投資更應慎之又慎。

感情上要小心出現變化，提防第三者。

注意身體健康，易出現腸胃問題。

農曆三月份

天干地支：丙辰

西曆時間：2008年4月

5日—2008年5月5日

本月工作壓力比較大，很可能會遇到人為阻礙，使所有的努力付諸東流。

應注意協調好人際關係，與人多交流，以免關鍵時刻缺少助力，使工作事業毀於一旦。

要注意健康問題，多休養，多參加有益身心的娛樂活動。謹防意外傷害！

農曆四月份

天干地支：丁巳

西曆時間：2008年5月

6日—2008年6月5日

本月凡事應親自掌控，以防微杜漸。同時在人際方面可適當活躍些，以改善關係，本月有利人和。財運非常旺，橫財也不錯，可適當進行投資獲利。只要用心營謀，凡事可立足於平穩的基礎上求進取，事業發展順暢，更兼得貴人相助，運氣飆升。

感情方面會有新的進展。

農曆五月份

天干地支：戊午

西曆時間：2008年6月

6日—2008年7月7日

本月工作壓力比前兩月大，很可能遇到些無謂的小阻礙，使所有努力化為泡影。這期間應注意搞好人際關係，與人多交流，以免無意中得罪人。

要注意防止財務出問題，應小心謹慎理財。

感情方面會出現問題，應多些耐心，多些寬容，以免雙方感情致難以挽回境地。

農曆六月份

天干地支：己未

西曆時間：2008年7月

8日—2008年8月7日

本月工作會有一定壓

力，應全力以赴打下良好基礎，為今後的工作開展作好準備。

事業方面發展雖可能遭遇一些阻力，宜以柔克剛。另須注意協調好人際關係，以免給工作開展帶來影響，並進而影響財運。財運方面利正財，不利橫財，對投資須慎之又慎；同時要注意防止錢財大量外泄。

農曆七月份

天干地支：庚申

西曆時間：2008年8月

8日—2008年9月7日

本月注意避免口舌上引發的風波，多加提防小人，萬不可疏忽，以免成為麻煩開端。

財運則是盈中有損，或許有不錯收入，只是財富難守，少有剩餘，不宜進行大規模投資及風險類投資。

工作事業方面可能會遇到不少阻礙，應積極做好面對困難的準備，提高警戒，以免被可能隨時突如其來的麻煩打亂節奏。

農曆八月份

天干地支：辛酉

西曆時間：2008年9月

8日—2008年10月8日

本月工作事業開始煥

發出勃勃生機，宜多用些心機精神來奮發經營，當有不俗進展，但應謹慎決策，不可浮躁急進。

財運有所回落，只宜進行小規模的投資；並要切記帶眼識人，以免受小人拖累而破財。

情緒上會有些不穩定，應保持克制冷靜，以免因此招致重大損失。感情方面甜蜜溫馨，身心康泰。

農曆九月份

天干地支：壬戌

西曆時間：2008年10月

9日—2008年11月7日

本月財運方面利正財，橫財亦有收穫，但不宜投資，更不可進行投機或賭博；運勢非常好，大利事業發展，所有的事務都適宜在這個時期處理，更兼得貴人相助，自然是得心應手。

健康有改善，不過不可大意，需防飲食安全。

農曆十月份

天干地支：癸亥

西曆時間：2008年11月

8日—2008年12月7日

本月於事業發展不利，應盡心力去努力，以免事業陷於停滯。但也無須過多憂慮，貴人的助

力可使運勢增強，逢凶化吉，轉禍為福。

財運方面有所收穫，但有劫財之虞，錢財可能會有破失，不宜借貸和投資，一定要注意謹慎理財。

健康方面仍要注意飲食和防止消化道疾病。

農曆十一月份

天干地支：甲子

西曆時間：2008年12月

8日—2009年1月5日

本月在工作上也有不錯表現，但仍要密切注意周遭之事，以免被小人背後搞動作，而致徒勞無功。

財運挺不錯，利於偏財，可用余錢適當進行風險投資或彩票投資，但切忌浮躁急進或動用積蓄投資。

感情生活頗豐富，但切記要小心桃花劫。

農曆十二月份

天干地支：乙丑

西曆時間：2009年1月

6日—2009年2月4日

本月財運閃耀，橫財亨通，可以進行投資獲取利益。

在事業方面不會有大的阻礙，但也難有大的進展！

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Belmont, MA 02478

Gock Wong, V. Comdr.
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身體方面須注意飲食衛生，避免病從口入。

農曆十一月份

天干地支：甲子

西曆時間：2008年12月8日—2009年1月5日

本月做任何事情都會有比較得力，但是事業以及工作生活等還是以靜制動為好。

這段時間裏務必緊記，若遇到不相關的是非爭執，最好是遠遠逃離。如果關係到自身，只要干係不大，還是小心做人為妙。

財運方面差強人意，橫財低迷，不利投資，警惕商業圈套導致破財。

感情生活可能會出現麻煩，順其自然為好，強求不來的。

農曆十二月份

天干地支：乙丑

西曆時間：2009年1月6日—2009年2月4日

順承上月良好的運勢，若肯多花些心力去經營謀劃，可獲得突破性進展。

人氣急升，事業運強盛，在工作上也有上佳表現，但仍要密切注意周遭之事，以免被小人搶奪功勞，而致徒勞一場。

財運挺不錯，正財興旺，橫財低迷，不宜進行風險類投資。

言談要小心謹慎，以免得罪人而不自知，避免招惹是非口舌。

感情上會出現煩惱，切記不要輕率下決定，以免後悔莫及！



狗 整體運程：

今年屬狗的朋友運程主要靠天蓋星和白虎星的影響。

天蓋又叫華蓋，本是帝王的保護屏障，象徵獲得天運加身，得以保護和佑護。主要對學習、事業、仕途有很大幫助，並且能夠解決一些小的凶星的影響。

人際關係良好，容易得到同事朋友長輩的幫助，關鍵時刻總能化險為夷。但是華蓋容易讓人引起驕傲自大，樹大招風，導致小人在後作弄是非。

屬狗的朋友今年要特

別注意白虎星，白虎星主要是影響健康，白虎入圍主要是交通血光之災，刀劍之傷，還容易影響情緒，心神不寧，多有家庭鬧的雞飛狗跳。

白虎入圍尤其容易引起女性朋友脾氣暴躁，做事多不講理，非常容易引起爭執，脾氣剛烈，招致婚姻破裂，所以本年的女性朋友要特別留意另一半的私生活，防止第三者插足，破壞家庭安寧。如果有條件最好設法去化解。

做戶外危險工作的朋友要異常小心，駕駛車輛的朋友減少外出跑長途的次數，遠離刀劍等鋒利的器具。

本年的總的運程還是不錯的，事業和財運不俗，尤其是事業發展方面應該好好把握機會，廣結善緣，事業上有很大的進步，財運方面注意小的破財即可。

建議多多關注事業，不要在感情上招惹是非，並且本年華蓋星幫助，貴人得助，在事業上發展非常有利，不可讓機會白白流走。

生肖屬狗的朋友在2008鼠年為成旺暗合桃花。成旺暗合的意思是，以自己在的旺氣，與別人暗合，在現實中，有如以自己的成就有進展而與異性暗中交往的情況出現。

拍拖的屬狗朋友在2008年要自我克制。

在事業有進一步的發展而會暗中與另一異性一齊，這就是成旺暗合的流年，所以你要自我克制，因為成旺暗合，會影響現在拍拖的伴侶感情，由於成旺的關係，會因為自己的旺氣而產生更大的傲氣，對現在的伴侶做成很大的壓力。

如果未拍拖而有目標的屬狗朋友就乘著自己在2008年的旺世向暗戀多時的伴侶表白，由於你們在2008年有著一種旺氣，而令暗戀對方對你的印象有增無減，所以就不必要再做暗戀這辛苦的行為了。

如果未拍拖還未有目標的單身屬狗朋友，在2008年要多參加一些群體活動，因為狗在2008年氣旺，在人氣旺的場合中，往往可以令屬狗的朋友有一種吸引力，所以參多些集體活動，屬狗朋友會自然地令異性對閣下產生好感。

開運吉祥物：玉石

兔、如意兔

農曆正月

天干地支：甲寅

西曆時間：2008年2月5日—2008年3月5日

今年第一個月運勢確實不錯，尤其是在仕途方面，只要努力總有收穫，非常容易在事業上樹立業績，並且非常適合公關做人際關係，為自己建立良好的關係和人脈網路。

雖然在工作上比較忙碌，但是都是勞而所成，注意本月的文字合同協定等事宜，另外防止丟失東西。

農曆二月份

天干地支：乙卯

西曆時間：2008年4月5日—2008年5月5日

本月事業上會出現阻礙發展的變數，遇事不慌張，冷靜以對，可把不良影響減至最少。

需要注意的是，要以穩為主，不要浮躁急進，而致出現新的變數。

本月是非口舌也比較多，要注意保持忍耐和低調，不要讓這些麻煩升級。

財運方面明顯好於上月，于橫財有利，是進行投資的好時機，但要切忌過貪過急。

農曆三月份

天干地支：丙辰

西曆時間：2008年4月5日—2008年5月5日

本月由於得到貴人鼎力相助，無須過於低調，在事業上宜採取主動，積極進取，應善加把握此難得一遇的發展良機。

由於事多壓力大，應好好調整自己，勞逸結合，以免因勞致疾。

財運方面有些沉浮不定，不宜投資，警惕小人出現導致破財。

凡事不可輕易下判斷，以防錯誤判斷而造成決策失誤。

農曆四月份

天干地支：丁巳

西曆時間：2008年5月6日—2008年6月5日

本月財運亨通，旺及正財及偏財，財不請自來，可適當的嘗試風險類投資，如彩票。但務必以休閒娛樂為主，勿沉迷為好！

在事業上會迎來大好的發展良機，應該好好把握時機才是。

由於得到財星庇佑，

感情方面出現桃花運，男女的異性緣都不錯，多姿多彩是本月的感情寫照。健康無大礙，注意飲食安全。

農曆五月份

天干地支：戊午

西曆時間：2008年6月6日—2008年7月7日

本月事業發展會遭遇諸多困阻，不過，如非逼不得已，最好不要輕易變更行業，以免兩頭空，一無所成。

遇任何事情應都力求考慮周全些，宜以守成為主，不可急進，難關也可以度過。

財運非常旺，橫財也不錯，對於彩民而言也許是個不錯的投資月份，有中獎機會。

農曆六月份

天干地支：己未

西曆時間：2008年7月8日—2008年8月7日

本月遇事決策應多謀劃，深思熟慮而行，不可敷衍了事，否則有可能招致傾覆之災。

財運方面較為低迷，雖有小利但有劫財之災，不宜借貸，不宜投資，須謹慎理財以避免出現嚴重財務危機。

事業發展不順，工作方面也壓力重重，而且即使勞心勞力去努力，仍可能徒勞無功。但也無須過多憂慮，貴人的助力可使運勢增強，只是須懂得避重就輕，該捨棄的就要捨棄，不能優柔寡斷。

農曆七月份

天干地支：庚申

西曆時間：2008年8月8日—2008年9月7日

本月一切要以穩為主，不宜急進，自作聰明只會招致失敗。

財運方面相當低迷，雖可能有不錯收入，只是花費過度，難有剩餘，提防財務危機。最好積極做好面對艱難險阻的準備，作出前瞻性規劃，勤勉拼搏，著眼未來。

感情方面遇桃花運，已婚者不可沾惹，單身者宜冷靜選擇，不可三心兩意。

農曆八月份

天干地支：辛酉

西曆時間：2008年9月8日—2008年10月8日

本月應注意遠離是非漩渦，以免變數加大，凡事會有諸多麻煩阻滯出現。如感覺在事業發展上

難有進展，不如多花些時間精力好好對今年進行總結，客觀評估得失。

財運一般，正財尚可，橫財低迷，且錢財易流失，須在理財方面加強為好。

感情上可能起風波，應多些耐心呵護，以免感情生變。

農曆九月份

天干地支：壬戌

西曆時間：2008年10月9日—2008年11月7日

本月要小心處理所有的大小事務事宜，懂得靈活變通，忌與人爭執，避免招來官司訴訟。

財運漸入佳境，收入頗豐；橫財亦好，如須進行投資應以下旬為宜。

感情易出現反復，須小心維繫。身體方面多加注意飲食衛生即可。

農曆十月份

天干地支：癸亥

西曆時間：2008年11月8日—2008年12月7日

本月做事阻力較少，事業以及工作生活皆宜積極主動。

但是這段時間裏務必謹記不要捲入流言蜚語及爭吵的漩渦裏，低調做人，以免惹禍上身。

工作上如出現問題，宜從速處理，以免引起連鎖反應。

財運方面佳，尤其是對橫財得利。

感情生活豐富，尤其是男性，不過要小心避免陷入多角漩渦，而招來諸般麻煩上身。

農曆十一月份

天干地支：甲子

西曆時間：2008年12月8日—2009年1月5日

本月財運非常出色，正財佳，能有不錯收入，橫財也較好，可以適當進行短期投資。

事業方面發展順暢，進展勢如破竹，宜積極進取，萬不可錯過此等絕佳的發展時機。但這一切要以穩為前提，萬不可過於浮躁。

感情方面會出現變化，不過是往好的方面發展。

農曆十二月份

天干地支：乙丑

西曆時間：2009年1月6日—2009年2月4日

本月運勢大大改善，在事業發展上沒有遭遇諸多困阻，但是應盡心力去經營謀劃。凡事都比較如

意，不可肆意急進，求得平穩發展即是最好。

財運方面正財收入尚可，但可能遭遇破財之災，錢財出現破損，不宜借貸，不宜投資。

感情方面的變化，切勿招惹是非。



豬 整體運程：

屬豬的朋友經過去年本命年的晦運，好運程開始反升，今年人緣關係非常好，常有貴人幫助，處事如魚得水，得心應手。

但是今年運氣剛剛開始反升，力量不大，仍需要貴人的扶植才能快速發展。

在今年能夠得到天德星的關照，天德為眾神之中比較強的，能夠化解一些凶災之劫，今年一年因為有“小耗”、“劫煞”、“死符”等凶星存在，本年仍需有貴人幫助，才能在財運運程各個方面有所改善。

在事業上可以說是蒸蒸日上，會得到很多貴人的幫助，能夠一帆風順，事事如意，如果往外地發展收到的效果更好，去年耽誤的工作，今年可以挽回，與人合作的生意比自己做要好的多。

今年職務和權利能得到提升，仕途之人可以抓住機會儘快發展。建議今年屬豬的朋友抓緊利用人際關係，依靠貴人向上發展，扶搖直上，不可錯失良機。

財運上雖然有些反復，整體來說比去年大大改善，但是多數來說屬於正財，靠自己的勞動所得帶來的收入，偏財比較少。

婚姻方面今年是桃花年，感情問題可以得到解決，咸池星降臨，緣分會異常的好，還沒有物件的朋友要留意身邊的異性。

健康方面要注意消化道疾病，今年仍有影響健康的凶星存在。

生肖屬豬的朋友在2008鼠年為旺極退氣桃花。由於2007年為豬年，2008年為退出之年，而豬之行屬水，在2008鼠年為旺極之氣，在易經有雲，物極必反，所以屬豬的朋友在2008年與2007年有著相反而進行的情況出現。

雞

今年人際關係比較好，但是仍要慎重處理。今年家庭個人生活方面是多事之秋，瑣碎小事容易糾纏不清，常常會陷入困境，慎重處理。今年應該保平安為主。

生肖屬雞的朋友在2008鼠年為長生桃花。長生就是開始，新生，根源的意思，所以屬雞的朋友在2008年有新的開始，也有很多的情況由2008年開始打好基礎的情況出現。

如果已經拍拖的屬雞的朋友，在2008年的情況不會有太大的改變，因為你們正在拍拖，在2008年就是你們打好基礎的時間，所以此年的愛情運是不會出現太大的波動。

如果有目標而未有拍拖的屬雞朋友好好把握2008年新開始的機會，而向對方表白，因為2008年對屬雞的朋友，有新開始，表白之後就是新的開始拍拖，在表白時帶備鮮花會更加好，因為鮮花有新生的明陽之氣，有助表白的成功機會。

如果未有拍拖的而未有目標屬雞朋友可找尋新相識的異性，有著事半功倍的效果。

開運吉祥物：玉石鑲金龍、水晶牛。

農曆正月

天干地支：甲寅

西曆時間：2008年2月

5日—2008年3月5日

本月有多個吉星降臨，財運和事業發展比較有利，應該積極進取，但是仕途不太理想，要提防在官場上小人撥弄是非，影響與上司之間的關係。

感情方面還可以，家庭比較穩定。

本月小有破財，防止丟失或盜竊，減少不必要的開支，小心理財。

在年初最好調理一下家庭的風水環境或者添置借力助財運之吉祥物品。

農曆二月份

天干地支：乙卯

西曆時間：2008年3月

6日—2008年4月4日

本月期間應注意搞好人際關係，與人多交流，以免陷入人際困局，使工作事業遭受惡劣影響。

財運較為一般，橫財相對低迷，風險類投資實在不宜進行，即使進行也應擇吉日。

工作壓力已不如前兩月大，但可能遇到些小阻礙，使努力化為泡影。

要注意健康問題，多休養，多參加有益身心的娛樂活動，使欠佳的心情好轉起來。

農曆三月份

天干地支：丙辰

西曆時間：2008年4月

5日—2008年5月5日

本月有貴人扶助，不過仍有許多無法預料的變化，萬事不可急進，最好多審視並反省自己，制定出適合自己的未來規劃，相信對工作及事業會大有幫助。

財運也有所回轉，可進行小規模的投資。異性緣也頗佳，男性須謹防惹上孽緣，而導致血光之災。

農曆四月份

天干地支：丁巳

西曆時間：2008年5月

6日—2008年6月5日

本月建議最好是堅守舊業，不輕易變更，如能好好用心謀劃，積極進取，定能獲得財富事業雙豐收。切記要好好把握時機！財運非常旺，橫財也不錯，可適當進行投資獲利！

感情方面也會有新的突破，應多花些心力培養感情！

要多注意交通安全。

農曆五月份

天干地支：戊午

西曆時間：2008年6月

6日—2008年7月7日

本月事業逐漸煥發出勃勃生機，宜多用些心機精神來奮發經營，當有不俗進展，但應謹慎決策，不可浮躁急進。

情緒上稍有些不穩定，應保持克制冷靜，以免因此招致重大損失。

得貴人相助，只是財運有所回落，只宜進行小規模的投資。

農曆六月份

天干地支：己未

西曆時間：2008年7月

8日—2008年8月7日

本月工作上不宜多強出頭，低調為好，對於不必要的交際活動，少參加為妙。

財運低迷，仍不宜進行投資，適可而止為好。運勢比上月有所改善，但仍難盡如人意，做事多有阻礙，必須要小心謹慎應對，用心經營，才有可能平安度過。

多注意身體健康，好好愛護身體，才可保健康。

農曆七月份

天干地支：庚申

西曆時間：2008年8月

8日—2008年9月7日

本月凡事宜按部就班為主，以靜制動。在精神上要隨時做好面對突發問題的準備，從容面對，敢於堅持，困難只是暫時的。

要多收斂脾氣，避免由於脾氣方面的原因惹出禍端。

財運方面有所改善，但仍不宜進行投資，尤其是風險類投資，注意防備財務問題。

農曆八月份

天干地支：辛酉

西曆時間：2008年9月

8日—2008年10月8日

本月要注意避免招惹是非，莫管閒事，也要警惕小人，不要誤交損友，以防被騙取錢財！

財運方面也難如人意，恐有破財之虞，不宜進行投資。

工作事業方面會有不少阻礙，生活上也有一些麻煩的事發生，可以說任何事都不太順利，一切皆應小心謹慎，多注意身體健康，儘量少吃傷胃的飲食。

農曆九月份

天干地支：壬戌

西曆時間：2008年10月

9日—2008年11月7日

本月凡事不可大意，特別是要帶眼識人，提防小人，以防錢財被騙。

財運方面小有進益，可進行投資，適可而止為好。

運勢有劫星暗伏，做事會出現阻滯，必須要非常小心謹慎應對，用心經營，平安過渡即好。

感情方面出現桃花，會有不錯的異性緣，已婚者要小心桃花劫。

注意身體健康方面的問題，尤其是呼吸疾病。

農曆十月份

天干地支：癸亥

西曆時間：2008年11月

8日—2008年12月7日

本月若精心發展，定有不錯局面，宜知機把握，趁機乘勢進取，以免錯失大好發展時機。

財運頗佳，但財富難聚，不宜進行風險類投資。

工作上如魚得水，可得上司青睞，不過須注意避免招致同事妒嫉。

感情方面相處較為融洽，可適時謀求進一步發展。



Chung Shin Yuan

RESTAURANT

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猴

財運有所好轉，但仍不宜進行風險類投資，對彩民而言並非購買彩票的好月份，娛樂為好。

農曆四月份

天干地支：丁巳

西曆時間：2008年5月6日—2008年6月5日

順承上月良好的運勢，在工作上也有不錯表現，但仍要密切注意周遭之事，以免被小人背後搞動作，而致徒勞無功。

財運挺不錯，利於偏財，可用余錢適當進行風險投資或彩票投資，但切忌浮躁急進或動用積蓄投資。

感情上要避免三心兩意的情况，以免幾頭空，得不償失，但也不能冒然下決定。

農曆五月份

天干地支：戊午

西曆時間：2008年6月6日—2008年7月7日

本月財運方面有所收穫，但有劫財之虞，錢財可能有破失，不宜借貸，不宜投資！

一定要注意理財，以免出現嚴重財務危機。

工作方面仍是有不少

阻礙，於事業發展不利，應盡心力去努力營謀，以免事業陷於停滯。

出門應多加小心，注意交通安全，不宜遠行。

農曆六月份

天干地支：己未

西曆時間：2008年7月8日—2008年8月7日

本月事業運還算不俗，財運方面應有不錯收入，但切勿過貪。

不宜借貸。應會有不錯發展，宜多用心思來經營。

本月內吉中混雜著凶星，故此應小心謹慎地面對可能出現的各種危機，以免由於大意疏忽而出現極為嚴重的後果！

感情運一般，單身的的朋友即使努力，很可能還是徒勞無功。

農曆七月份

天干地支：庚申

西曆時間：2008年8月8日—2008年9月7日

本月在思想上應做好面對各種困難的準備，沉著應對，難關自然可以闖過。尤其注意收斂性情，凡事忍耐為主，避免由於脾氣方面的原因惹出無謂的麻煩。

財運方面則是盈中有

損，或許收入尚可，但財富難積聚，不宜進行投資，尤其是風險類投資！

感情方面應多些寬容，以免感情出現破裂，並須提防第三者趁虛而入。

農曆八月份

天干地支：辛酉

西曆時間：2008年9月8日—2008年10月8日

本月運勢急劇回升，有如枯木逢春，工作事業開始走上新的征途！

應制定出行動規劃，在平穩的基礎上積極進取，以把握良好的發展機遇！

財運也大幅度回升，可適當進行小規模投資。感情生活頗豐富，宜好好把握機會締結良緣；利結婚，以月初為佳！

注意交通安全，防血光之災！

農曆九月份

天干地支：壬戌

西曆時間：2008年10月9日—2008年11月7日

本月運勢有較大回升，財運方面相當不錯，尤其是橫財運，可適當進行投資獲利！

凡事要注意防小人，避免破財。

對工作的朋友而言本

月利於升遷，宜積極爭取，感情上會出現意中人，應多花些心力培養感情，以免良緣錯失。

農曆十月份

天干地支：癸亥

西曆時間：2008年11月8日—2008年12月7日

本月工作可能遇到些小阻礙，要小心應對，以免造成惡劣影響。

這期間應多花些精力改善人際關係，但須注意主觀性不宜太強，應多聽取別人意見。

財運不差，可惜不穩定，財富難積聚，忌做擔保或進行借貸。謹防財務麻煩！

另外要多注意健康問題，宜多休息以調養身體。

農曆十一月份

天干地支：甲子

西曆時間：2008年12月8日—2009年1月5日

本月應注意協調好人際關係，與人多交流，以免關鍵時刻不成助力反結仇，使工作事業毀於一旦。

運勢不穩定，禍福相繼而至，凡事要三思而後行，謹慎努力方可保事業繼續發展。工作壓力比較

大，很可能會遇到人為阻礙或意外變故使所有的努力付諸東流。

財運沉浮不定，橫財也是如此，風險類投資實在不宜進行，須慎之。

農曆十二月份

天干地支：乙丑

西曆時間：2009年1月6日—2009年2月4日

本月為今年運氣最佳的一月，貴人幫助，財運廣聚，無論事業和仕途都有很好的發展，在事業上應該百尺竿頭更進一步。

感情上適合談婚論嫁，沒有戀人的朋友，多多留意身邊的異性，很可能有暗戀你已久的異性朋友要表達。

身體方面也比較好，應該抓住機會，規劃一下下年的發展計畫，不可被勝利沖混頭腦。



雞 整體運程：

今年屬雞的朋友運程顯著特徵是桃花運異常旺盛，並且有驛馬星動奔波

性大，事業發展迅速，利於升職或考試，財運一般，健康無憂。

今年的婚姻資訊異常旺盛，屬雞的朋友今年要特別注意感情問題，因為異性緣比較強桃花氾濫，容易給另一方增加壓力。

已婚的女性朋友要提防異性的追求，很可能是感情陷阱，如果去年已經捲入感情糾紛的，今年仍然會繼續，沒有太好的改善。

已婚的男性朋友今年身邊異性緣更強，要特別慎重，沒有結婚的男性朋友今年不適合結婚，因為桃花太旺可能是假像，霧裏看花，並非自己的意中人，而女性朋友比較適合結婚，可以購買新房擇吉日結婚，能夠化解桃花煞。

今年有驛馬星動，利於搬家增加田宅，購買新房裝修等事宜，非常適合調換辦公場所，購置新環境時建議多個方面參考。

出外旅遊走動能遇到老朋友。

今年的事業運比較旺，應該抓住機會，不可錯失良機，事業發展非常快，有福德、天德、財星入住，貴人指點，仕途發展也非常順暢。



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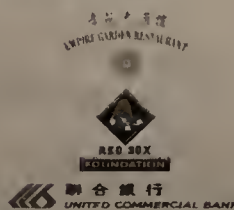
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羊

農曆九月份

天干地支：壬戌

西曆時間：2008年10月

9日—2008年11月7日

本月得到財星庇佑，財運亨通，旺及正財及偏財，財不請自來，可適當的嘗試風險類投資，如彩票；但務必以休閒娛樂為主，勿沉迷為好！

感情方面出現桃花運，男女的異性緣都不錯，多姿多彩是本月的感情寫照。

健康方面沒有什麼大問題，注意飲食衛生，避免食物過敏。

農曆十月份

天干地支：癸亥

西曆時間：2008年11月

8日—2008年12月7日

本月工作可能遇到些小阻礙，要小心應對，以免造成惡劣影響。這期間應多花些精力改善人際關係，但須注意主觀性不宜太強，應多聽取別人意見。

財運不差，可惜不穩定，財富難積累，忌做擔保或進行借貸。謹防財務麻煩！

另外要多注意健康問題，宜多休息以調養身體。

體。

農曆十一月份

天干地支：甲子

西曆時間：2008年12月

8日—2009年1月5日

本月可得貴人助力，有意外收穫。對於出現的小人以及流言蜚語，無須過多介意，埋頭做好自己事情即可，應多些耐心，切勿與人發生爭執。

感情方面大有進展，未婚者有桃花運，宜好好把握大好時機；已婚者則須警惕桃花劫。身體方面不可過勞，易出現些小毛病。

農曆十二月份

天干地支：乙丑

西曆時間：2009年1月

6日—2009年2月4日

本月最好是好好進行一下規劃，以抓住良好的發展時機。

財運方面明顯好於上月，可適當進行投資，但切忌過貪。

總體運勢反覆但是仍相當不錯，事業運尤其佳。雖可能會有些許壓力，但不阻礙發展，能得到上司長輩的幫助。

感情上也有可喜進展，不過須專情些，不招孽緣，提防多角戀。



猴 整體運程：

今年屬猴的朋友暗合太歲，與太歲鼠形成申子辰水局之半合局，由於缺少辰半合力量不是太多，所以稱為暗合。

暗合太歲的生肖大多走“貴人運”，會有很好的發展舞臺和人際關係，能夠得到貴人的幫助，或者上司長輩的幫助，有可以發展的商機，為個人發展提供一個良好的舞臺。應該抓住機會大力發展自己的事業，與人合夥生意不利，非常利於自己獨立創業，發展屬於自己的事業。

財運比較旺盛。今年如果經常出差或走動對財運更佳，財在外而不在內，但是本年不可炫耀，容易招致破財，因為本人小人星仍在，會在人際關係中作弄是非，要加強提防。

事業上一帆風順，適合自己獨立創業或開拓市場，是難得的發展機會，

財運雖然比較辛苦，但是勞有所得。

感情上比較暢通，因為與太歲暗合，人緣頗佳，非常適合做公關關係，拓展人脈管道。但是還要注意今年還有小人做亂，撥弄朋友關係和擾亂情緒，不可不防。

今年的大多凶星主要是迫害身體，要加強身體鍛煉，提高個人身體素質。“伏屍”、“劍鋒”等五大凶星俱在，重在影響健康和心情，中傷人際關係，所以要加強心理鍛煉，經常做心理調解。

生肖屬猴的朋友在2008鼠年為生旺半合桃花。猴鼠龍為三合局，猴鼠為生旺半合，是由開始至中間的意思，沒有龍商個收藏結果出現，所以為生旺半合，不能叫全合，猴是長生開始的意思，鼠是中間過程，所以2008年的屬猴朋友在開始到中間的發展過程的情況出現。如果已經拍拖的屬猴朋友，由於你們已經開始，在2008年為中間的階段，因為沒有龍這個終結來合著，所以易有分手的大危機出現，所以大家小心處理你們的感情問題，你們可以多在一些室外的地方

約會，因為室內有收藏的意思，可以為屬猴的朋友在2008年的感情危機減底。

如果未拍拖的屬猴朋友在2008年有目標的，好好把握在2008年期間向對方表白，因為屬猴的朋友在2008年為開始隨中間的，所以你們在2008年期間表白，就出現開始拍拖與可發展為情侶的過程，所以你們要記在腦中，最好一個室內的浪漫環境下表白，因為室內有好似龍這生肖收藏的資訊，這樣無形中有了自己生肖屬猴，流年鼠，環境空間屬龍，這三合成局的竟像，令表白的成功機會增加。

如果未有拍拖更沒有目標的屬猴朋友可留意在自己的工作環境中找尋另一半。

開運吉祥物：玉石金福、玉石龍。

農曆正月

天干地支：甲寅

西曆時間：2008年2月

5日—2008年3月5日

本月作為新年的開端，各個方面都呈現良好的發展勢頭，良好的人際關係網路非常容易帶動事業發展。

財運也不錯，財在外不在內，適合出外求財，不可坐視不動，事業的發展一日千里。

感情方面能夠得到異性緣，還沒有物件的朋友適合出外多多交際。

農曆二月份

天干地支：乙卯

西曆時間：2008年3月

6日—2008年4月4日

本月會出現不錯的發展良機，應善加把握，以免良機錯失。

由於工作壓力較大，建議調整自己，勞逸結合，以免為以後的身體健康埋下隱患，否則易陷入困境。

另外須警惕小人上門導致破財。不利投資，如須投資，以月中為佳，月初和月末避免為宜。

農曆三月份

天干地支：丙辰

西曆時間：2008年4月

5日—2008年5月5日

本月工作上不宜強出頭，免招同事或上司側目，而成替罪羊。

對於無謂應酬，能免則免，須謹防得罪小人而不自知。

利讀書進修，考試會有好於尋常的發揮。

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羊

能幫到忙的朋友很少，身體方面特別注意下腹的相關疾病，特別要注意飲食。

因為今年屬羊的朋友害太歲子水，子水代表泌尿系統，屬羊的女性朋友要注意個人飲食和衛生，慎防下腹的各種婦科疾病，同時還要防備家中老人的健康狀況。

財運方面今年仍有大吉星入局，四方得財，錢財暢通，物質收入不錯，事業發展雖然有阻力，但是會得到貴人的幫助，能夠升職加薪，仕途的朋友可以好好把握機會，活動活動，個人努力一下能得到不錯的提升。

商場上的朋友運氣也不錯，總能靠自己的努力得到豐富的報酬，但是今年仍有“指背”、“天哭”等凶星來臨，多多注意口舌官司與是非，尤其是小人當道。

建議今年屬羊的朋友著重練習“修身齊家”，加強自身素質和注重身體健康，穩定家庭關係，為以後的“治國平天下”打基礎。

生肖屬羊的朋友在2008鼠年為墓庫桃花。墓

庫意思就是收藏，關閉，室內。所以屬羊的朋友在2008年，會因為想收藏自己，想一個人靜靜地在室內沉思。

如屬羊的朋友在2008年正在拍拖中，則他們要與伴侶交流清楚，別讓伴侶感覺到你自閉，不理會他而影響感情，所以屬羊的朋友在2008年好好講清楚是因為心情關係而沉思，別無他意，好讓對方明白。如閣下不是屬羊，而伴侶是屬羊的，則俾多些空間她沉思吧。這樣有助大家在2008年的感情發展。

如果未拍拖，而有目標的屬羊朋友你們不能把自己常常收藏在家中靜靜地沉思了，因為追求別人或者被別人追求，都要有基本的交流與約會，才可以容易成為情人。

如屬羊的朋友現在單身未有目標，你們在2008年有如此收藏的思維，是難以得到拍拖的機會。在工作中的屬羊朋友，公司中的同事，讀書中的學生，同班的同學，這近而靜的空間中，往往是你們在2008年找到的伴侶對象。

開運吉祥物：盤龍扣、火麒麟。

農曆正月
天干地支：甲寅
西曆時間：2008年2月5日—2008年3月5日

本月運程的主要問題在感情婚姻上，無論有無朋友都要慎重對待，尤其是已婚男士最容易走桃花運。粉色陷阱很容易身險其中而不自知。

女性朋友要慎重處理突如其來的感情變動。

本月有眾多凶星來犯，容易引起女性朋友的疾病，要控制好情緒和注意飲食，尤其是個人衛生。

農曆二月份
天干地支：乙卯
西曆時間：2008年3月6日—2008年4月4日

本月要提高警戒，對突如其來的麻煩從容應對，一切自會平穩度過。

工作事業方面可能會遇到不少阻礙，但終會逢凶化吉。

凡事宜以小心謹慎為好，切忌感情用事，不要捲入是非圈，只須積極做好面對困難的準備。

財運不錯，不過對風險類投資，還是儘量適可而止為好，避免因貪致貧。

感情方面易出現摩

擦，應多抱些寬容，勿過多苛求。

農曆三月份
天干地支：丙辰
西曆時間：2008年4月5日—2008年5月5日

本月因有凶星入命，這期間應注意搞好人際關係，與人多交流，以免陷入人際困局，使工作事業遭受惡劣影響。工作壓力已不如前兩月大，但可能遇到些小阻礙，使努力化為泡影。

財運較為一般，橫財相對低迷，風險類投資實在不宜進行，即使進行也應擇吉日，以免血本無歸。

農曆四月份
天干地支：丁巳
西曆時間：2008年5月6日—2008年6月5日

本月事業方面稱心如意，若精心發展，定有不錯局面。

財運頗佳，但財富難聚，不宜進行風險類投資，宜知機把握，趁機乘勢進取，以免錯失大好發展時機。

工作上也較稱心意，可得上司青睞，避免招致同事妒嫉。

感情方面相處較為融

洽，可適時謀求進一步發展。

身體方面須注意飲食衛生，避免病從口入。

農曆五月份
天干地支：戊午
西曆時間：2008年6月6日—2008年7月7日

本月運勢雖有所改善，凡事不宜拖拖拉拉，應快速處理，以免後患無窮。

事業上會有一些小阻礙，只要小心經營，也能獲得平步發展；工作方面壓力仍在，會有一些意想不到的麻煩，不可大意。

另外要注意不要招惹事端，儘量避免與人口舌爭吵。

農曆六月份
天干地支：己未
西曆時間：2008年7月8日—2008年8月7日

本月的運勢有反復，總體仍相當不錯，事業運尤其佳。

財運方面要好於上月，可適當進行投資，但切忌過貪！不過一定要注意以穩為主，切勿浮躁急進，而致憑空出現變數！雖可能會有些許壓力，但不阻礙發展！最好好好進行一下規劃，以抓

住良好的發展時機。感情上也有可喜進展，不過須專情些，不招孽緣，提防多角戀。

農曆七月份
天干地支：庚申
西曆時間：2008年8月8日—2008年9月7日

本月尤其注意避免口舌上引發的風波，多加提防小人，萬不可疏忽，以免成為麻煩開端。

財運則是盈中有損，或許有不錯收入，只是財富難守，少有剩餘，不宜進行大規模投資及風險類投資。

另由於事多繁忙，易出現身體小恙，應多休息，注意勞逸結合。

感情方面易出現小矛盾，提防第三者。

農曆八月份
天干地支：辛酉
西曆時間：2008年9月8日—2008年10月8日

本月一切皆應小心謹慎，凡事不可冒進，宜穩中求進！另外要注意避免招惹是非，莫管閒事，也要警惕小人，不要誤交損友，以防被騙取錢財。

工作事業方面會出現不少阻礙，生活上也有一些麻煩的事發生。

Best Wishes for a
Happy Chinese New Year

恭賀新禧



Jeanne M. Fong
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馬

今年仍有吉星入局，尤其是在下半年，凶星得到控制，造成的損害很小。

建議本年以穩定發展和學習為主，不可進行特大項目的投資和建設，感情上不可有大的改動。

本年各個方面要特別慎重，不可以唐突行事，尤其是注意感情和身體，很難穩定發展，總是漂泊不定，最好順其自然。

雖然本年運程比較差，並且財運方面有破財的資訊，但是進入下半年會有所好轉，但是也要根據個人命理來定，身強之人可以有所作為，身弱之人只會更差一些。

建議今年屬馬的朋友根據本年運程辨證分析，多多外出旅遊，出差或者學習進修，都是比較有利的，不可穩定不動，“逢沖則動，不動則傷”如果太穩定沒有動盪，反而容易引起紅傷或災害。

生肖屬馬的朋友在2008鼠年為六沖桃花。但凡沖犯太歲之生肖，都是大轉變的之年時，世界上所以人在六沖犯太歲之年份，必定是一半人喜運，一半人是凶運。要知道自己在2008年，是吉是凶，可參考1996鼠年，此年是吉運，則在2008年吉，此年是凶運，則凶。

因為2008年對馬為六沖犯太歲，所以吉凶特別明顯，1996年也是這樣的，1996年與2008年，同是六沖之年，在90%情況下，同樣是吉則吉。是凶則凶。

由六沖吉凶轉變明顯，所以現在正在拍拖的屬馬朋友，在2008年小心你們的感覺出現明顯的波動轉變。所以正在拍拖的屬馬朋友小心啦，因為六沖，有動沖散衝撞，衝擊，所以你們記刻在心中，不要因小事而衝撞對方，衝擊對方而引起分手收場，如有第三者的，最好把第三者沖散最好不過啦。

如果屬馬的朋友在2008年有目標，則你們追求別人時，不要介意對方把你成為她的觀音兵，因為六沖，是為衝動，走動多些對感情有進行減。

在約會時，可以選擇去一些走動多的活動，如踏單車，游車河，遠足，打波，這些走動多的活動，有利感情發展。

如果屬馬的朋友被人追求時，不要介意對方常常約會的地方太悶，因為

他們不知道你在2008年突然比平時好動，要明白體諒對方啦。

如果屬馬的朋友現在還是單身那你們多參加室外動態多的活動來認識異性，因為你們在這動態的室外活動中，往往比較容易認識到理想的異性朋友，這就是你們在2008年六沖犯太歲的情況啦。

開運吉祥物：水晶葫蘆、水晶球

農曆正月

天干地支：甲寅

西曆時間：2008年2月

5日—2008年3月5日

本月凡事謹慎決策施行，不可浮躁急進，胡亂決策，一切應遵循以不變應萬變原則，自可平安度過。

財運不穩定，正財一般，且可能有破財之災；橫財比較低迷，風險類投資實在不宜進行。

感情生活應用心思，使感情更上一層樓。

要注意慎防健康問題，有病痛不可姑息。

農曆二月份

天干地支：乙卯

西曆時間：2008年3月

6日—2008年4月4日

本月須密切注意周遭之事，警惕可能會被小人暗箭傷人，而致徒勞無功。

另外應儘量避免招惹口舌是非，少管閒事，以免惹禍上身。

在工作上表現難如人意，尤其財運方面乏善可陳，且有破財可能，要特別防止被人騙取錢財，本月的桃花比較重，應該慎重考慮感情問題。

農曆三月份

天干地支：丙辰

西曆時間：2008年4月

5日—2008年5月5日

本月一切皆需小心謹慎，忌浮躁妄動，宜穩中求進，自然能安然度過困難期！

財運有所改善，不過須提防可能遭遇破財之災；橫財平常，投資須加倍謹慎為好。

感情方面容易產生摩擦，應多交流溝通，以免雙方矛盾升級。

身體健康方面無大礙，特別要提防意外損傷。

農曆四月份

天干地支：丁巳

西曆時間：2008年5月

6日—2008年6月5日

本月財運方面正財一般，要儘量避免開支過大的狀況，以免入不敷出；橫財尚可，可適當進行投資獲利！

感情方面可能出現新選擇，宜深思熟慮，不可鹵莽用事，否則會造成難以彌補的遺憾。

身體方面要多加提防由於飲食帶來的疾病。

農曆五月份

天干地支：戊午

西曆時間：2008年6月

6日—2008年7月7日

本月事業運尚可，平穩向上發展，雖可能會有許些壓力，不過一定要注意以穩為主，切勿浮躁急進，以免出現難測變數。

財運方面正財平常，可適當進行投資，但切忌過貪。

感情上也有突破進展，已婚者要謹防來自異性的誘惑，否則會後患無窮。不要過於放縱自己。

農曆六月份

天干地支：己未

西曆時間：2008年7月

8日—2008年8月7日

本月最好制定出適合發展的規劃，相信對工作及事業會有所幫助。

財運也有所回落，正財尚可，橫財偏差，並有貴人扶助，諸事仍可逢凶化吉。但是不宜投機倒把或進行相關風險類投資。

感情方面會有新的發展，宜多用心思培養。

注意飲食衛生，逢疾病應及早醫治，切不可忌醫。

農曆七月份

天干地支：庚申

西曆時間：2008年8月

8日—2008年9月7日

本月運勢較為平順，應全力以赴，以打下良好基礎，為今後的工作開展作好準備。

事業方面發展雖可能遭遇一些阻力，但進展還算順暢，宜以柔克剛；另須注意協調好人際關係，以免給工作開展帶來影響，並進而影響財運。

財運方面利正財，不利橫財，同時要注意防止錢財大量外泄，宜進行有效理財規劃。

農曆八月份

天干地支：辛酉

西曆時間：2008年9月

8日—2008年10月8日

本月凡事要小心謹慎，冷靜處理，作決策更要深思熟慮，不可妄動

決定；事業會遇到諸多困難，壓力重重，必須盡自己最大的心力發展，方能有所進展。

須注意以穩為主，不可浮躁急進，避免出現複雜變數！

財運依然欠佳，不宜進行投資；橫財一般，對憑空出現的餡餅要小心受騙。外出小心交通安全及水災！

農曆九月份

天干地支：壬戌

西曆時間：2008年10月

9日—2008年11月7日

本月事業以及工作生活皆宜積極主動，乘時進取，但要注意事有輕重緩急之分，不能因小失大造成得失不平衡！

事業方面雖有一些阻力，但不足為患；沒有太多煩心事，工作上也較得心應手。

財運方面顯現出旺盛的勢頭，可以精心選取投資專案進行適當投資，橫財得利，只是切不可過於貪婪，以免因貪而敗。

農曆十月份

天干地支：癸亥

西曆時間：2008年11月

8日—2008年12月7日

本月在事業上宜以守為吉，妄動容易成為招致失敗或禍事的導火索，小心謹慎為上。

工作壓力比較大，事多繁忙，不要過多埋怨，頂住壓力努力工作，終會有相應的收穫。

由於事情繁瑣壓力大，須多注意勞逸結合，愛惜身體。

本月應多與親人愛人交流溝通，以免感情生疏。

農曆十一月份

天干地支：甲子

西曆時間：2008年12月

8日—2009年1月5日

本月工作上顯得較為平淡，也可平順發展；只是應謹記須安分守己，一切求穩。

財運較好，不過支出也大，應儘量避免入不敷出為好。可進行投資獲利，但要量力而行，不可麻痹大意！

同時也應多花些心力好好對待感情，要小心因為異性的緣故起風波。

多關注家人身體健康，尤其是老人與兒童。

農曆十二月份

天干地支：乙丑

西曆時間：2009年1月

6日—2009年2月4日

本月生活中有一些麻煩的事發生，應小心謹慎，儘量把這些麻煩的負面影響減少至最低！

財運閃耀，橫財亨通，可以進行投資獲取利益，但也難有大的進展。

運勢較為平穩，但也比較一般，在事業方面不會有大的阻礙。

感情方面會有新的進展，但要注意對別的異性不可太熱情，以免影響感情。



羊 整體運程：

今年屬羊的朋友運程特點比較明顯，財運和仕途都比較不錯，有貴人幫助，但是感情身體方面比較差，主要是今年屬羊的朋友與太歲相害，為子未相害，容易產生是非，家庭不寧，人際關係不和，小人較多，感情上人緣比較差。

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如精心發展，仍可獲得一定進展。適宜與人進行合作，不過要切記人心難測，以免被算計仍不自知。

工作上不宜強出頭，要避免與同事間的流言紛爭，應遠離一切是非；凡事要謹記多留一個心眼，多作一些預防措施，以應對突發變化。

財運方面要小心破財之災，不宜進行風險類投資，對彩民而言確非購買彩票的月份，娛樂為好。

農曆四月份

天干地支：丁巳

西曆時間：2008年5月6日—2008年6月5日

本月工作及事業上應盡力求穩，不可貪進，以免因貪而敗。

遭遇困難應冷靜以對，不可莽撞妄動，只要竭力謀劃經營，一切自可順利發展。

運勢繼續滑落，煩心事較多，不過幸得貴人助力，仍可逢凶化吉！

財運稍遜，正財尚可，風險類投資不宜進行，橫財相對低迷，要特別謹防財務出現問題。

農曆五月份

天干地支：戊午

西曆時間：2008年6月6日—2008年7月7日

本月運勢有所回升，工作上如出現問題，宜從速處理，以免延時生變。

財運方面正財佳，收入頗豐，不過不宜借貸，尤其是對橫財不應有過多幻想。

在事業及工作生活上皆宜以靜制動。這段時間裏須謹記凡事應多參與，不可過分偷懶。

感情方面易有爭吵，應多進行溝通。

農曆六月份

天干地支：己未

西曆時間：2008年7月8日—2008年8月7日

本月要注意人際關係的協調，多與同僚、親朋好友聯絡感情，避免身心疲乏時難以找到依靠或助力。

財運則是盈中有損，可能會遭遇破財之災，投資須萬分小心。

事業發展要小心謹慎些，精心經營，阻力不會太大。

感情方面易生變，順其自然為好。

身體健康方面易患小恙，應多休息。

農曆七月份

天干地支：庚申

西曆時間：2008年8月8日—2008年9月7日

本月工作上亦稱心如意，不過要多注意協調好與同事的關係，以免招致妒嫉，引發無謂事端。

建議精心進行謀劃，以把握良好的發展時機。

雖然運勢較好，仍要注意以穩為主，不可浮躁急進，而致出現變數。

感情方面出現轉機，單身者有機會結識到理想物件，宜好好把握。

健康方面要注意調理身體，保持充沛精力。

農曆八月份

天干地支：辛酉

西曆時間：2008年9月8日—2008年10月8日

本月運勢一般，易出現是非紛爭，應以忍讓為先。

本月儘量避免與人發生口舌爭吵，須謹防小人在背後暗箭傷人。

工作事業方面須善加經營，處事冷靜，多親歷親為。

財運一般，正財尚可，但只恐有破財之災，要多加注意理財。

感情方面難有突破，不要希望過大。

農曆九月份

天干地支：壬戌

西曆時間：2008年10月9日—2008年11月7日

本月好在有吉星照耀，雖有較多的是非紛爭等麻煩，讓人難以樂觀，仍可轉危為安。

財運方面尚可，正財橫財都不錯，可以適當投資以賺取財富，但要切記戒除貪念，以免因貪失利。

感情上難有進展，要順其自然，不可操之過急，沒有很强的婚姻資訊，最好不要談婚論嫁。

農曆十月份

天干地支：癸亥

西曆時間：2008年11月8日—2008年12月7日

本月運勢反復，在工作上會有不錯表現，但要密切注意周遭之事，帶眼識人，以免被小人栽贓陷害。

事業方面須謹慎，不可被表面平穩發展的局面所迷惑，以免節外生枝時不知所措，應對失策；要注意的是一切宜採取冷處理。

財運浮沉不定，橫財不利，不宜投資；切忌不可輕易使用積蓄，對與錢財相關的一切須保持警

惕，借錢與外人可能意味著失財。

農曆十一月份

天干地支：甲子

西曆時間：2008年12月8日—2009年1月5日

本月運勢迅速回升，一洗灰暗頹氣，逢吉星高照，開始迎來新氣象。

事業發展得力，應在求穩的基礎上積極進取，以博取更大的發展！

財運非常佳，財源大增，亦可進行投資獲利。

感情生活多姿多彩，不過要小心因其他異性的緣故，而與愛人發生摩擦，應切記專情，小心維繫感情。

農曆十二月份

天干地支：乙丑

西曆時間：2009年1月6日—2009年2月4日

本月事業上發展較為順利，主要小心謹慎些經營，當無大礙；工作方面壓力較大些，注意勞逸結合即好，以免埋下健康隱患。

值得注意的是人際關係方面，應低調做人，和氣生財，切不可傲慢自負，否則可能因此破財破運。

感情上須提防第三者！



馬 整體運程：

“子午一沖歲君帶敗”，屬馬的今年最大特點是沖犯太歲，沖犯太歲表現在財運、官司口舌、身體健康、差旅紅傷等方面，是非常嚴重的運程問題，並且會引起人際關係的衝突，搬家、調動工作、經常出差，很難安定發展。

今年除了沖犯太歲還有一些小凶星彙集，其中“大耗”、“天哭”比較嚴重，“大耗”主要指的是破財。

事業上會受到阻礙，發展困難，不得安寧，公司裏的瑣碎事務會非常多。

生活中要小心官司是非，非常容易引起刑事案件，不要輕易招惹官司。

健康上值得注意的仍是消化道和呼吸道，此外腿腳四肢小心紅傷血光之災。

感情上也非常不利，有天哭星光臨小心婚變。

恭喜發財



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龍

總體運程平穩，事業發展需要經過努力來換取成績，財運一般偶爾有小財和偏財，主要是人際關係比較好，經常會遇到貴人的朋友，如果年初調整一下風水會有很好的起色，貴人相助的力量能發揮到最大。

生肖屬龍的朋友在2008鼠年為旺墓半合桃花。在術數上的十二長生缺中有“生旺墓”為三合，而鼠與龍為旺墓的半合，欠一長生的猴，長生為開始，旺為中間，過程，墓為結果。

龍在鼠為旺墓半合，如果正在拍拖中的龍朋友，在2008年就是拍拖到了終點的時間，那就是代表由拍拖轉變為結婚的喜慶之事，但也代表是拍拖到的終結而分手收場，是吉是凶，則可參睇1996年之吉凶運，96是吉運的，則今年吉，凶的，則小心拖拖拉拉之下而分手。

在2008年有第三者而令你們有拖拖拉拉的情況出現就是意味著你們有分手危機，如果感覺事事有人幫助，順利完成事情的，則是有結婚喜訊，好好把握機會求婚啦。

如果屬龍的朋友在2008年有追求目標則意味著你的追求已經去到大巧告成之時間，由苦苦的追求進展到拍拖的時間，但如果一路追求的目標不斷向你拖拖拉拉而不願與你拍拖，那你應有心理準備，你們的關係要完結了。

如果你是屬龍而有人追求你的，在2008年意味著，他追求你的時間到了最後的機會，追求將會結束，而你要接受的，就在2008年與他拍拖，要不然，你拖拉著，就會失去對方的追求了。

如未有目標而單身的屬龍朋友可留意下身邊的異性朋友，如果工作中的，則留意公司對這件工作將會完結，或者你工作的文件有完結的文件處理，在處理與工作中的異性，可向她追求，這會你的追求到的機會增加，有事半功倍的郊果。

開運吉祥物：玉石鑲金猴、小雙龍桃木鏡

農曆正月

天干地支：甲寅

西曆時間：2008年2月5日—2008年3月5日

本月運勢旺盛，是新

一年的好開端。

事業發展穩定，步入正規發展迅速，財運大吉

財運方面利正財，橫財亦有收穫，但不宜投資，更不可進行投機或賭博；另外須警惕小人上門導致破財

本月利於外出旅遊，出門有喜，健康可以，注意紅傷，作為一年的開端，建議本月調整風水，以求有更好的開端。

農曆二月份

天干地支：乙卯

西曆時間：2008年3月6日—2008年4月4日

本月吉星和凶星同時出現，運勢極具突變性。

事業方面發展平平，缺乏助力，進展緩慢；由於本月容易發生突變事故，宜提高應變能力，或預做準備應對，以免突變降臨卻應對失策。

財運較為一般，警惕可能會遭遇意外損財；橫財運低迷。

感情上利於互相謙讓，因為本月的桃花運運程並不如意，值得注意和提防。

農曆三月份

天干地支：丙辰

西曆時間：2008年4月5日—2008年5月5日

本月在財運上有小的意外之財，不妨作些小的投資和賭注。

工作上有些進展，發展還是比較緩慢，感情上一般。

在人際關係上容易與同事或同行之間產生誤會和隔膜，應該慎重應對，不要引起無必要的官司口舌是非。

在言語上小心行事，不可被人抓住把柄成為禍害的根源。不要有害人之心，很容易弄巧成拙，好心沒有好報，引起歧異或衝突，明哲保身為主。

農曆四月份

天干地支：丁巳

西曆時間：2008年5月6日—2008年6月5日

本月運勢有很好的資訊，主要是有吉星降臨，會給各個方面帶來好的轉機。

工作事業上一些沒有得到解決的事情都可以得到圓滿的解決，並且有貴人出現。

人際關係方面能夠得到大家的理解，相處的比較好，能夠得到大家的幫助，要虛心聽取大家的意

見，學會集思廣益，得到更好的答案。

感情上仍有小的問題，需要加倍留意，不要有裂痕產生，及時解釋和彌補所發生的錯誤。

農曆五月份

天干地支：戊午

西曆時間：2008年6月6日—2008年7月7日

本月運勢相當強盛，事業運非常暢旺，用心經營會獲得較好的發展，實在是大展宏圖的良好時機；在工作上也有不錯表現，但仍要密切注意周遭之事，以免為小人算計而不知。

財運非常佳，收入也不錯，利於偏財，可進行投資獲利，應注意積聚財富以為後用。

農曆六月份

天干地支：己未

西曆時間：2008年7月8日—2008年8月7日

本月運勢稍顯低迷，凡事以沉穩為先，如進展不利，不妨考慮以退為進好；另須警惕口舌是非，提防小人，對此千萬不可疏忽，以免成為麻煩的開始。

財運平平，不利橫財，投資須加倍謹慎，小心錢財破損。

感情方面易出現變化，警惕第三者，以免造成莫大遺憾。

農曆七月份

天干地支：庚申

西曆時間：2008年8月8日—2008年9月7日

本月運勢雖有所改善，但凡事仍不宜拖拖拉拉，應快速處理，以免後患無窮。

要注意不要招惹事端，儘量避免與人口舌爭吵。

財運方面正財佳收入不錯，可惜錢財難積聚；應多加小心財務上的問題，比如由於帳目出錯或投資不當而引起損財，須謹慎理財。

已婚者要小心桃花劫。經過連續幾月的運勢低迷，可選擇出外旅遊放鬆身心。

農曆八月份

天干地支：辛酉

西曆時間：2008年9月8日—2008年10月8日

本月的特點主要表現在桃花非常旺盛，無論有沒有對象的朋友都要慎重考慮自己的婚姻和感情，尤其是已婚者更要留意身

邊的桃花陷阱，更不可以放縱自己，不可因此也破壞美好的家庭和婚姻。

工作上本月仍有不少困難，但是會得到同事上司或長輩的幫助，財運一般，不利於大型投資和投機性投資。

農曆九月份

天干地支：壬戌

西曆時間：2008年10月9日—2008年11月7日

本月運勢吉中帶凶，要小心謹慎切勿招惹是非，更要小心因一般的口舌等麻煩引起大紛爭，以免事情發展到難以收拾的地步！

財運方面漸入佳境，如須投資應以下半月為宜。

感情生活豐富，但要處理好，小心三角戀愛帶來的後患。

另外身體健康方面注意疾病的預防，提防病由口入。

農曆十月份

天干地支：癸亥

西曆時間：2008年11月8日—2008年12月7日

本月運勢有很大回升，即使可能造成一些小麻煩，但終究能順利度過。

事業工作上的挑戰也意味著機遇的來臨，宜好好把握，把壓力變動力，以更好地抓住機遇！

財運佳，有較好的收入，但錢財易流失，可能會有意外破損，不宜借貸，應注意善加理財。感情方面要小心桃花劫，以免破財招禍。

農曆十一月份

天干地支：甲子

西曆時間：2008年12月8日—2009年1月5日

本月有病符星入局，會給身體和心情造成很多壞的影響，身體方面要慎重鍛煉和外出，危險性的戶外活動要格外小心，消化道和呼吸道疾病要引起重視。

本月的財運不算跡象，還是不可以從事投機性的活動。

感情無妨沒有大的婚姻問題，兩心相悅，應該好好享受兩人時光。

農曆十二月份

天干地支：乙丑

西曆時間：2009年1月6日—2009年2月4日

本月運勢因為有吉星高照，一些陰影會化為虛無，工作事業上進展順

序，發展很快，貴人時常出現。



蛇 整體運程：

屬蛇的人在去年經過一年沖太歲的敗運，今年的運程明顯轉好，首先遇到“天赦”“太陽”兩大吉星的同時高照，雖然命局中凶星聚多，但是都能逢凶化吉，事事如意，吉祥平安。

今年的運程總體來說不錯，工作事業上有吉星高照，雖然還有很多困難但是都是暫時的，都能得到圓滿解決，財運方面一般，不是太旺盛，偶爾還有破財之象，但是都是一些小的項目。

今年運程裏最值得關注的是防止小人，由於遇到七煞之年，人際關係會變的異常困難，在做任何事情時要三思而後行，尤其是注意自己的言行舉止，不要看不起不起眼的小人物。

身體健康方面仍有凶星“病星”出現，會危機到消化道，但是由於有吉星天煞的出現，能化解很多，多多鍛煉即可。

本年的桃花非常一般，沒有太大的變動，還沒有目標的朋友，本年交友會比較吃力，已經有目標的朋友今年的變化比較小，沒有很强的婚姻資訊。

生肖屬蛇的朋友在2008鼠年為暗合桃花。暗合者，當然是指暗戀，地下情，暗中有第三者，所以屬蛇的朋友在2008年，易有以上情況的愛情出現。

如果現正拍拖中的屬蛇朋友或者正追求別人的屬蛇朋友要有定力，因為定力不足，就會出現第三者，而暗中與第三者攪地下情，這樣會影響現在的感情，所以屬蛇的朋友，小心處理第三者出現。當第三者出現時，要與自己伴侶光明磊落地討論事情，令大家放心明白，可免於大家發生誤會而令感情下降。

如屬蛇的朋友未拍拖，但現在有暗戀中的追求目標，那在2008年不要讓自己的暗戀命運再弦續下去，要在2008年為妳

的暗戀愛情改變過來，向對方表白吧。如果你不是屬蛇，而暗戀的追求對象是屬蛇的，那你們應該知道，2008年屬蛇的朋友會很享受別人對她的暗戀，所以你們向屬蛇的朋友表白時，一定要令她知道，你是暗戀她多時，今年才有勇氣向她表白，會令你帶來意想不到的好效果。

如果屬蛇的朋友單身而未有任何目標時又想你在2008年有拖拍，可選擇光線暗些的地方作為約會地點，如電影院，燭光晚餐的地方，因為這光線不足的地方會令你的約會增加妙數。如果你不是屬蛇，而約會屬蛇的，則就選擇這光線不太足的為約會地點，屬蛇的朋友會加你分的。

開運吉祥物：玉石鑲金牛、桃木大錢幣

農曆正月

天干地支：甲寅

西曆時間：2008年2月5日—2008年3月5日

本月運勢的特點是財運比較旺盛，身體健康方面要提防疾病。

本月由於有財星入關，財運方面異常旺盛，正財和偏財都非常有利，可謂八方來財。

可以大大發揮自己的才華尤其是口才，能夠爭的公司上司的支持，物質方面的收入也頗豐。

本月的另一個重要資訊就是身體健康尤其要注意飲食問題。

農曆二月份

天干地支：乙卯

西曆時間：2008年3月6日—2008年4月4日

本月有大貴人出現，可謂仙人指路，貴人相助。

在事業工作或仕途上都有大的進展，應該抓住機會，努力向前，爭取都進步。

本月非常利於學習進修考試，如果想學習或考試的朋友，本月的良機不可錯過，但是身體方面仍要注意。

本月還利於往家裏增添吉祥之物，最好是助運的，通過正規開光的最好。

農曆三月份

天干地支：丙辰

西曆時間：2008年4月5日—2008年5月5日

本月運勢較之上月有所下降，事業方面有諸多阻礙。

兔

1996年是好運的吉年，就是相生貴人，1996年是差運之凶年，就是相刑小人。

如正在拍拖中的兔朋友在2008年伴侶有助旺自己的，就是你的貴人。你會因為伴侶的關心幫助，而令你們有進一步的發展，或你們得貴人的幫助，而令你們關係更好，如果你們感情不開心，那你們小心有小人在你們之間，所以你們作好心理準備忍讓對方，免得對感情不利。

如閣下追求目標是兔朋友或兔朋友追求別人則閣下對兔朋友關心多些，幫助多些，對她好些，令其感覺你是她的相生貴人，而別要令兔朋友感覺有漂流不知如何的空虛感覺，因為兔朋友有此感覺，閣下的追求必然失敗。

如兔朋友單身未有目標，可在一些幫助性有關的活動，環境，外在幫助的因素中，找尋伴侶，別到一些流動不穩定的地方，環境找尋伴侶，因為幫助有相生之意，自然有貴人幫助你們發展。流動不穩定的，是水旺木漂的相刑小人，對兔朋友在2008年的愛情運不利。大家小心注意。

本年屬兔的運程，財運事業和仕途還可以，在關鍵時刻都有貴人幫助，值得注意的是健康和感情，尤其與太歲相刑，引起很多壞資訊的出現，要作好這方面的心理準備和提防，多多參加相關有意義的運動項目和經常體檢，感情方面與愛人多多及時溝通，不要讓裂痕越擴越大。

開運吉祥物：玉石鑲金狗、玉石大象

農曆正月

天干地支：甲寅

西曆時間：2008年2月5日—2008年3月5日

今年第一月就不太吉利，事業工作方面都不太順利，很多麻煩都不請自到，並且官運會有重大影響。

財運不利，減少投資或開支。

婚姻感情方面接二連三不利，不利於處理感情問題。

本月唯一可以的是外出旅遊，通過在外地的旅遊來減少凶星的迫害，通過外出旅遊出差等，還能

結交志同道合的朋友。

健康方面也要多多關注飲食，特別小心在外亂吃亂喝，防止病從口入。

農曆二月份

天干地支：乙卯

西曆時間：2008年3月6日—2008年4月4日

本月運勢仍然暗淡，反復無常，凡事容易引起困難。

財運浮沉不定，橫財不利，不宜投資；切忌不可輕易使用積蓄，對與錢財相關的一切須保持警惕，借錢與外人可能意味著失財。

事業方面不可被表面平穩發展的局勢所迷惑，以免節外生枝時不知所措，應對失策；要注意的是一切宜採取冷處理。在工作上會有不錯表現，但要密切注意周遭之事，帶眼識人，以免被小人栽贓陷害。

身體健康方面易出現磕磕碰碰，而致出現皮外傷。

農曆三月份

天干地支：丙辰

西曆時間：2008年4月5日—2008年5月5日

本月遭遇凶星運勢急劇逆轉，做事都會受阻，舉步為艱！

一切要以穩為主，不宜急進，自作聰明只會招致失敗。

財運方面相當低迷，雖可能有不錯收入，只是花費過度，難有剩餘，提防財務危機。最好積極做好面對艱難險阻的準備，作出前瞻性規劃，勤勉拼搏，著眼未來。

感情上易出現摩擦，提防第三者出現。要多注意身體健康，關注飲食衛生。

農曆四月份

天干地支：丁巳

西曆時間：2008年5月6日—2008年6月5日

本月運勢仍沒有較大好轉，凡事都要求平穩進取，要注意防止出現突發情況，警惕由於意外事故而引起的官司是非。

在人際方面可適當活躍些，以改善關係，本月有利人和。

財運非常差，橫財也不利，不可進行投資！

感情方面雖有新的進展，但應多花些心力培養感情！

要多注意家人健康。

農曆五月份

天干地支：戊午

西曆時間：2008年6月6日—2008年7月7日

本月運勢仍不順暢，上月的陰霾還存在。在事業上沒有太好的發展良機，應該好好努力進取。

雖有財星庇佑，旺及正財及偏財，財不請自來，但仍慎重嘗試風險類投資，以休閒娛樂為主，不可沉迷為好！

本月在處理文字檔時要特別慎重，不可大意，容易因此而帶來不必要的糾紛。

農曆六月份

天干地支：己未

西曆時間：2008年7月8日—2008年8月7日

本月運勢開始強盛，有福星高照，更有貴人扶持，一切都有不錯的發展。

事業運非常暢旺，用心經營會獲得較好的發展，實在是大展宏圖的良好時機；在工作上也有不錯表現，本月最適合外出談判，出差必有喜，能夠收到意想不到的業績。

農曆七月份

天干地支：庚申

西曆時間：2008年8月8日—2008年9月7日

本月運勢開始低迷，事業方面出現不少阻礙，應注意做好隨時面對困難的準備，避免亂中出錯。凡事以沉穩為先，如進展不利，不妨考慮以退為進好；另須警惕口舌是非，提防小人，對此千萬不可疏忽，以免成為麻煩的開始。

本月容易招惹官司，各個方面均不吉利，需要多處提防。

農曆八月份

天干地支：辛酉

西曆時間：2008年9月8日—2008年10月8日

本月運勢迂回曲折，不穩定，好在運勢越來越好，諸事皆可轉危為安。

本月應盡可能的遠離是非，應儘量避免因口舌爭執生是非，提防小人背後加害。

可以外出旅遊，躲避一下臨時的困難，各個方面的問題仍然不少。

農曆九月份

天干地支：壬戌

西曆時間：2008年10月9日—2008年11月7日

本月運勢有所回升，運氣趨吉，尤其是在事業方面能夠有讓人喜悅的事

情發生，財運也可以，工作上如出現問題，宜從速處理，以免延時生變。

財運方面正財佳，收入可以，不過不宜借貸，原來感情出現困難的本月非常有利於解決和結合，本月利於談婚論嫁。

農曆十月份

天干地支：癸亥

西曆時間：2008年11月8日—2008年12月7日

本月由於凶星環伺在旁，一切皆應小心謹慎，凡事以穩為主，難關也可平穩度過。

順中帶逆，事業生活等各方面貌似好轉，實則險阻重重，好在有吉星高照，仍可乘勝追擊。

須注意可能會有一些是非困擾，要避免因口舌等麻煩引起紛爭，甚至到無法收拾的地步。

農曆十一月份

天干地支：甲子

西曆時間：2008年12月8日—2009年1月5日

本月遭遇凶星入局，運勢欠佳，工作事業上影響更大，更要小心從事，不可以盲動，也不可固定不前。

財運方面還可以，有一筆不小的外財入帳。

本月主要注意身體和健康，不可以過度勞累，此外感情方面容易出現危機，如果兩人不謙讓，很容易出現分手之類的危機。

農曆十二月份

天干地支：乙丑

西曆時間：2009年1月6日—2009年2月4日

本月運勢較之上月有所改變，總體來說還可以，辛苦的一年終於過去，許多沒有解決的事情都能夠得到解決。

此外感情方面容易得到大豐收，財運尚可，不過沒有偏財運，仍不可做投機性投資。

不利於戶外鍛煉，容易引起紅傷，身體方面仍需注意，尤其是交通事故。



龍

整體運程：

本年為三合太歲年，人際關係非常好，有貴人得助，可謂要山得山，要水得水，人緣極佳。

婚姻感情利於談婚論嫁，應該抓住機會。

本年遇到三台等吉星飛臨本宮，利於考試、進修、並且有貴人幫助，謀事可成，心想事成，在工作事業上利於大展拳腳，發揮自己的才華，創造業績。

公務人士有利於進官加爵，升職調動。沒有參加工作的朋友，本年能夠找到合適的職位，比較得心應手。

財運也比較明亮，但是仍受凶星阻擋，財運不旺，需要小心理財，還有破財之象。

理財方面注意上當，減少不必要的開支，節源開支。

本年還需要值得注意的是身體狀況，時逢“血刃”，“飛符”入值，身體健康狀況大大欠佳，注意起居飲食，尤其是消化道疾病，呼吸道疾病。

本年屬龍人士建議請風水師調節一下環境以轉移凶星目標，增加本身財運。

本年屬龍人士運氣不錯，財運也可以，尤其是婚姻人緣非常好，多多注意身體健康即可。

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事業上以前的一切阻礙在本月或許都會得到解決，發展順利，萬事得心應手。

注意身邊朋友的指點，本月應有貴人指點或點化，能夠提供很好的發展機會。本月桃花旺盛，利於拓展人際關係，沒有朋友的女士可以留意身邊追求的男士，本月有“白馬王子”隱藏身邊。

農曆六月份
天干地支：己未
西曆時間：2008年7月8日—2008年8月7日

本月運勢總體來說還是比較順利，但是仍有困難，事業生活等各方面貌似好轉，但實則困阻重重，好在有吉星高照，仍可乘勝追擊！

一切皆應小心謹慎，凡事以穩為主，難關也可平穩度過！

同時可能會有一些是非困擾，易因一般的口舌等麻煩引起大紛爭，甚至到難以收拾的地步！

應安分守己做人，看清形勢，靈活應變，避免

把問題越弄越糟！

財運方面尚可，橫財運也不錯，但投資須十分謹慎。感情方面須注意莫惹孽緣！

農曆七月份
天干地支：庚申
西曆時間：2008年8月8日—2008年9月7日

本月運勢有所改善，但仍難事事如意，做事多有阻礙，須全力應對，用心經營，方有可能平安度過。

注意小人，避免口舌是非！財運低迷，橫財運尚可，但仍不適宜進行投資，適可而止為好。

工作上不宜強出頭，低調為好，對於不必要的交際活動，少參加為妙，自然可以逢凶化吉。

感情上順其自然為好，不宜多強求。要多注意身體健康，好好愛護身體，謹防意外傷害。

農曆八月份
天干地支：辛酉
西曆時間：2008年9月8日—2008年10月8日

本月事業上有所發展，但是財運不利，財難進。

感情上有進展，人際

關係比較難處理

本月不適合做大的投資，證券、股票等生意，很可能虧空需要借款度日，所以要慎重理財。

本月不利於進攻，重點防守和鞏固，為以後的發展打下基礎。

農曆九月份
天干地支：壬戌
西曆時間：2008年10月9日—2008年11月7日

本月運勢一般，與上月比較有所改善，工作仍有不少困難，於事業發展不利，應盡心力去努力，以免事業陷於停滯！

財運方面有所收穫，遺憾的是很可能遭遇劫財之災！一定要注意謹慎理財，使錢財破失，不宜借貸，不宜投資！但也無須過多憂慮，貴人的助力可使運勢增強，逢凶化吉，轉禍為福。

農曆十月份
天干地支：癸亥
西曆時間：2008年11月8日—2008年12月7日

本月仍是以守為主，不可唐突發展，容易招惹是非。

在事業上的困難有所減少，但是其他事件比較

多，在衝突上堅持以和為貴，不可義氣之爭。

在工作上有困難多向朋友和長輩諮詢，在周圍的人際關係中本月有貴人，能夠幫助你解決困難。

農曆十一月份
天干地支：甲子
西曆時間：2008年12月8日—2009年1月5日

本月運勢有所好轉，凡事宜積極進取，工作事業方面努力經營，能夠保持持續發展。

要儘量避免招惹是非；要時刻謹記察清形勢，靈活處置，避免把問題升級化。但要注意不能自作聰明，投機取巧，易弄巧成拙，宜穩中求進。

財運方面大有起色，只是財務方面會出現些小麻煩，要切記勿貪錢財。

感情方面桃花較旺，單身者有望結識理想物件，應好好把握才是！身體方面注意預防疾病。

農曆十二月份
天干地支：乙丑
西曆時間：2009年1月6日—2009年2月4日

本月為今年最好的一月，各個方面都非常吉利，正偏財均旺盛，感情

婚姻都樣樣如意。

工作事業上得心應手，一帆風順。並且有貴人星相助，很多問題都迎刃而解，做事事半功倍，但是注意要保持清醒，不要被暫時的成功衝昏頭腦。



兔 整體運程：

今年對於屬兔的朋友來說並不算吉祥，只能說是非常普通，主要是與太歲形成“子卯無禮之刑”，這種刑主要影響人際關係和感情，由人際關係和感情而影響到情緒，建議多多聽取多種不同意見，做事慎重小心。

本年可向創作創意方向發展，能夠在職位上展示自己才華，被同事上司認可。

本年雖有多顆吉星相助，但是作用都不大，財運方面幾乎沒有意外之財，主要是靠自己的辛勤勞動得到的收入。

在交通、交際、文書、合同方面要多多注意，很可能從這些方面出現壞的資訊或官司口舌是非。

健康方面多注意消化道、肢體的疾病，減少危險活動和項目的參與。如果能夠在本年結婚也是相當不錯的，可以“一喜擋三災”，能夠解除一些凶星的迫害。

已經結婚的朋友，因為“流霞星”來臨對婚姻家庭不利，需要多多提防。

生肖屬兔的朋友在2008鼠年為天乙貴人桃花。所謂貴人桃花，好的就是貴人，不好的就是小人，由於鼠與兔是相生相刑的，鼠五行屬水，兔五行屬木，是流年太歲鼠水生兔木，所以鼠就是兔的貴人，但由於鼠為水的最旺盛之時，而兔是陰柔之木，由於兔這陰柔之木根不深，就會被旺水沖流，是為水旺木漂，所以又為相刑，好的就是相生之貴人，衰的就是相刑之小人。

屬兔朋友要知道2008年是相生貴人還是相刑之小人，就可以參考1996年的鼠年了。

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在此情況下，常常出現的異性，則為 2008年的愛侶目標為佳，如因讀書做功課，有合作性的項目或者因課外活動常常放學被挽留下來做的同學，則可在此環境下選擇伴侶目標，則可收到事半功倍的效果。

今年屬牛的朋友雖然有吉星幫助，各個方面都不錯，但是仍有凶星出現，並且小人也比較多，小人比較多也是凶星作弄的表現，建議本年年初調整一下家庭風水，或者調整一下運程，奉請能幫助自己的吉祥物品。

開運吉祥物：玉石鑲金關公、桃木獅

農曆正月

天干地支：甲寅
西曆時間：2008年2月5日—2008年3月5日

本月運勢可謂是好的開端新的開始，事業方面稱心如意，若精心發展，定有不錯局面，宜知機把握，趁機乘勢進取，以免錯失大好發展時機！

工作上也如魚得水，可得上司青睞，不過須注意避免招致同事妒嫉。

財運頗佳，但財富難聚。

感情方面相處較為融洽，可適時謀求進一步發展。

身體方面須注意飲食衛生，避免病從口入。

這期間應注意搞好人際關係，與人多交流，以免無意中得罪人。

風險類投資實在不宜進行，即使進行也應擇吉日，以免血本無歸！

特別要注意防止財務出問題，應小心謹慎理財。

農曆二月份

天干地支：乙卯
西曆時間：2008年3月6日—2008年4月4日

本月運勢仍然不錯，事業可以有貴人幫助，但是財運仍不利，不適合做投資和大型開支。

本月存不住錢，來來往往的收入和支出都比較大。

身體方面也值得注意，不可將就，有病情應該及時治療。

人際關係上不可爭強好勝，多多謙讓，對於身邊的異性朋友要慎重處理，很可能招致不必要的桃花孽緣。

農曆三月份

天干地支：丙辰
西曆時間：2008年4月5日—2008年5月5日

順承上月的運勢，本月運勢尚可。

事業運較興旺，用心經營應有可喜收穫；在工作上也有不錯表現，但仍要密切注意周遭之事，以免被小人背後搞動作，而致徒勞無功。

財運挺不錯，利於偏財，不過一定要注意以穩為主，切勿浮躁急進，而致憑空出現變數！

感情上會出現些風波，應多給些耐心呵護，避免感情的變軌！

尤其應注意身體健康，避免因勞心勞力而出現疾病！

農曆四月份

天干地支：丁巳
西曆時間：2008年5月6日—2008年6月5日

本月的運程表現為財運不利，有凶星入圍成破財之象。

事業上困難重重，在人際關係上注意小人或者熟人的言語，不可受外界影響而改變自己成熟的觀點或做法。

身體上尤其注意老人和自己的健康，可能會有小的疾病侵入。

感情上良好，沒有節外生枝的事情發生，多注意培養。

農曆五月份

天干地支：戊午
西曆時間：2008年6月6日—2008年7月7日

本月運勢不佳，運程幻化莫測，財運不利，雖然有一定的工作進展，能夠得到很好的名聲還是以辛苦的勞動和自己的身體為代價。

感情方面也不佳，本月尤其是要注意感情問題，很容易出現第三者，導致婚姻或感情的衰敗。

雖然如此，本月仍有吉星相助，身強者自然吉祥如意，一帆風順。

已經擁有家庭的很可能有得貴人之喜。

農曆六月份

天干地支：己未
西曆時間：2008年7月8日—2008年8月7日

本月運程有所轉變，事業開始順利，雖然仍有小的阻礙，但是沒有大的波折，總體來說是向上發展。比較適合廣結善緣，擴建人際關係。

財運還可以，有些許的偏財，但是要防止因貪婪而導致破財。

感情上進展很大，桃花資訊比較旺盛。

本月的理想通過辛苦努力可以達成，但是仍以擴建人際關係為主要任務，也是為以後打下基礎的重要時間階段。

農曆七月份

天干地支：庚申
西曆時間：2008年8月8日—2008年9月7日

進入本月首先會感到比較苦悶，各個方面都比較鬱悶，因為本月有凶星小彙聚，導致各個方面都不得心應手。所以要學會調節自己的情緒，切勿感情用事。

在感情上要多注意調節自己情緒，對方的異性緣比較強，但是不會有太大影響，小心調節即可。

本月上當受騙的資訊比較重，做事小心慎重切莫掉進別人陷阱和圈套。不可輕易相信朋友或合作夥伴。

農曆八月份

天干地支：辛酉
西曆時間：2008年9月8日—2008年10月8日

本月是需要問題得到解決的時候。

任何問題都要有個結局，很多積累的問題都會不經意的解決。雖然困難仍然很多，但是都可解決。

在事業上只要穩步發展，堅持努力很多問題都有個結局。

在人際關係上會遇到小人當道，所以要多防備小人，尤其是在重要環節而不起眼的小人物。

本月有驛馬星沖進，利於出外出差旅遊走動。

農曆九月份

天干地支：壬戌
西曆時間：2008年10月9日—2008年11月7日

本月是今年比較差的一月，各個方面均要小心，工作事業上的困難仍然很多，財運還可以，是用辛苦換財富的一月。

會有很多意想不到的事情發生，節外生枝，瑣碎事情非常多，所以要慎重應對，不可操之過急。

本月的桃花運異常旺盛，會有很多豔遇出現，以前的老朋友會出現很多，不要去風月場所，容易留下後遺症。

農曆十月份

天干地支：癸亥
西曆時間：2008年11月8日—2008年12月7日

本月運程大大改觀，事業和財運雙豐收，經過半年多的努力終於有所收穫，事業發展一日千里，財運旺盛，能有很好的收入，無論正財偏財均有很好的收入。

本月利於擴大經營，結交新的合作夥伴開拓新的領域，適合出外發展，有吉星入局，外出必有喜。

農曆十一月份

天干地支：甲子
西曆時間：2008年12月8日—2009年1月5日

本月重點防止小人和破財，事業發展利於內部管理的建設，在工作上利於對內不對外。是發展的緩氣階段。

財運尚可，沒有太大影響，收入仍然很多。

身體方面比較差，主管身體健康的凶星光臨本月，所以要多注意飲食和健康，在工作事業上不可過度勞累，很容易因勞而導致疾病。

農曆十二月份

天干地支：乙丑
西曆時間：2009年1月6日—2009年2月4日

本月財運和事業又是一大收穫，雖然困難很多，但是突破困難的收穫更多，財運大吉，尤其是對男性屬牛的朋友，大可以發揮自己力量，使得事業和工作上都有很大進展。如果是做公務人員的朋友，本月是提升和升職的大好機會，多多活動和交際，是自己事業進步的一大良機。

女性屬牛的朋友，多多關注人際關係，莫要爭強好勝。



虎 整體運勢：

屬虎的朋友本年各個方面都不錯，財運事業婚姻感情都沒有太大的問題，雖然有凶星威脅，但是遇到大吉星的化解，都能一一處理。尤其是注意小人當道，給您的事業和家庭會帶來不必要的麻

煩，多多注意自己的言行舉止，留意身邊不起眼的小人物。

在財運和官運上時逢一級吉星降臨，財運順利、正財偏財俱佳，但是要通過自己的辛苦努力。

本年比較差的是身體，由於有白虎星來臨，注意身體疾病的出現，還有時逢“大耗”破財凶星。

由於遇到可以化解一切凶星的“地解星”，雖有凶星但是可以被制止和化解。

感情方面會有好的發展，遇到桃花吉星，容易遇到自己意中人，利於婚嫁，年輕朋友應該抓住機會，但是要穩定發展，不可操之過急。

此外今年容易遇到小人，堅持沉默是金，說話講座時都提防小人。

生肖屬虎的朋友在2008 鼠年為沐浴桃花。

沐浴就是洗澡去除不清潔的意思，還有一個意思就是性欲。

所以生肖屬虎的朋友在2008年對性欲有特別敏感的思潮，而且特別比往時有清潔的心態。

所以閨下的伴侶是屬虎的，那你就小心清潔的問題。對性欲的要求，需要在清潔的環境與思維中進行，免得虎朋友誤會。

如果屬虎的朋友對伴侶感覺清潔不足，或對性存在不潔的思想時，則牢記著，是自己有過高的要求而已，不要令伴侶感覺有壓力，而有所誤會。

如果未拍拖但目標是虎朋友那閨下就要小心說法，不要常把性有關的話題說出，因為虎朋友在2008年對此話題與不潔的朋友特別敏感。

如虎朋友有追求目標，請不要太過提及性的話題，以免對方對你反感。

如果未拍拖又未有目標的虎朋友2008年想拍拖的，則特別留意在日常生活環境。

開運吉祥物：玉石鑲金豬、龍生九子之一“蒲牢”。

農曆正月

天干地支：甲寅
西曆時間：2008年2月5日—2008年3月5日

本年第一月是屬虎的好開端，事業興旺，財運正偏俱得，事業發展上有

貴人相助，路路暢通，得心應手。應該在工作上大力進展，不可錯過良機。

感情上順利，健康尚且可以，但是仍要注意飲食。

投機性的投資仍要注意，不太適合做太大的偏財投資。

農曆二月份

天干地支：乙卯
西曆時間：2008年3月6日—2008年4月4日

本月最主要的是情入咸池、桃花困擾，沒有朋友的要慎重選擇，可選擇的物件比較多。已經有朋友的會有第三者的涉足，或者遇到很多異性的追求。如果不慎重處理，很容易引起桃花劫，在處理感情上要快刀斬亂麻，不可拖拖拉拉，不然隱患更大。

本月應該多關注事業，轉移視線，不可以過份重視感情問題。

農曆三月份

天干地支：丙辰
西曆時間：2008年4月5日—2008年5月5日

本月運程比較明顯是財運和事業都非常的好，只是情緒感情身體比較差。

因為本月有吉星光臨，事業上有貴人幫助，節節高升，官運亨通，財運非常旺盛，有很多意外之財。

但是本月非常容易情緒化，會給婚姻感情帶來不必要的麻煩，也不適合作出重大的決策，也利於處理以前的遺留問題，也要小心防止桃花劫。

農曆四月份

天干地支：丁巳
西曆時間：2008年5月6日—2008年6月5日

本月的運勢變化非常大，財運不利有破財之象，事業發展困難，意想不到的困難都會出現，尤其是一些瑣碎事情。

建議多多反省，遇到事情三思而後行。

本月值得注意的是破財資訊比較強，可能是被騙上當的經濟事件，但是本月仍有貴人相助。

農曆五月份

天干地支：戊午
西曆時間：2008年6月6日—2008年7月7日

本月運氣有好的轉機，財運吉利，並且官運也非常順利，想升職調動的人員應該在本月大力



鼠 整體運勢：

2008年對於屬鼠的來說相當不錯，事業財運上都非常順利，今年是非常得力的一年，異性緣特別強，今年也是屬鼠的最佳結婚年齡。

雖說“太歲當頭坐，無喜必有禍”，但是歲運中多有吉星相幫，通過結婚來沖喜，可以化解太歲許多喉氣，增加吉祥。

本年的人際關係良好有貴人相助，財運和權利在本年都可以得到加升，無論從商從政都比以前有所進步，尤其是管理階層權力能大幅提高。

金匱星與將星齊臨，財運不可擋，將星主管權利和地位，歲運交將星代表有貴人相助，有升職之喜。同時作為武星，也代表需要經過自己的努力奮鬥能夠得到提拔，但是比其他人的提拔得快，提拔的高。

今年也是屬鼠人創業的最佳時機，利於按照自己的計畫開創自己的事業。但是今年也有眾多凶星降臨，健康方面需要注意腸胃、紅傷、磕碰、交通事故等等。

生肖屬鼠的朋友在2008年為當權自坐君王桃花。

如果閣下的伴侶是生肖屬鼠的，則在2008年就必須留意避免用太強硬的字眼與鼠朋友交流，免得令其情緒高漲，引起不必須的誤會而吵架。

自己屬鼠的朋友，在2008年則要時時刻刻牢記著，可減免因為自己一時的主觀心態而影響大家的感情。

鼠朋友在2008年要作出適當的方法處理主觀心態，可減免對方對鼠朋友自己的誤會而影響大家將來的發展機會。

閣下追求鼠朋友或者鼠朋友追求別人時，在2008年則牢記鼠朋友的心態特點，要有此心理準備，體諒對方。

如未有伴侶目標的單身鼠朋友而想在2008年找到伴侶，則小心自己在鼠年主觀、自我、傲氣，將目空一切的心態收藏好，找一個隨和，主觀底，依

舢舨獨家：

十二生肖鼠年每月運勢解析

賴性高的異性來配合自己的自我形象，會收到事半功倍的效果。

開運吉祥物：太極轉運鼠、桃花斬

農曆正月

天干地支：甲寅

西曆時間：2008年2月

5日—2008年3月5日

本月事業運非常旺盛，是拓展業務領域，擴大業務戰果，開拓新的發展空間的大好機會，也是為本年打下基礎的大好時機。

本月財星高照，容易得到意外之財，不妨作些短期投資，但是不可以過分貪婪，容易因貪而破財。

婚姻上容易出現桃花資訊，已婚者防止桃花劫，沒有物件的朋友可以多留意身邊異性，說不定此時正有位關心你的人時刻關注著你。

在身體方面要多注意老人健康，也要防止自己因工作努力透支而得病。

本月也非常利於外出，出差或者旅遊，或許能得到意外之喜。

農曆二月份

天干地支：乙卯

西曆時間：2008年3月

6日—2008年4月4日

本月運勢表現為財運旺盛，小人湧現，感情易出現危機或隱患。

健康方面勿沾酒色防止“病從口入”。雖然本月財運旺盛但是是非也多，多表現在“禍從口出”，不可輕易相信別人，防止小人背後搗亂。

在感情上最好多交流培養感情，使得感情融合，不要在感情上節外生枝，尤其是不可參與朋友、同事的感情糾紛中去。健康方面由於凶星多聚於此，特別注意飲食，務必提醒自己本月圈套特多，不可因酒色而招惹麻煩。

農曆三月份

天干地支：丙辰

西曆時間：2008年4月

5日—2008年5月5日

本月運勢表現為財運中等，健康良好，婚姻資訊特重，切莫捲入經濟糾紛。

連接上月財運，本月

財運並不錯，健康方面沒有太大問題，外出仍然防止紅傷。

婚姻資訊比較重，容易發生新的感情。

本月值得注意的是不要捲入各種經濟糾紛，有圈套的資訊，不可操作借款給別人、投資、擔保等各種金融風險。

農曆四月份

天干地支：丁巳

西曆時間：2008年5月

6日—2008年6月5日

本月財運受阻，事業發展困難，防止丟失偷盜，不可投資偏財。

此月表面吉祥風光，但是其中深藏凶煞，“小耗”凶星來臨，主丟失偷盜和破財。不利於投資股票、證券、基金、賭博、博彩等等投機活動。

本月瑣碎煩心事情眾多，容易引起心情不佳，要注意調養和保持一個好的心情，不可與物件過多計較，產生各種爭吵。

出差、旅遊、經常外出的朋友應防止各種紅傷、交通、欺詐、上當等行為。

農曆五月份

天干地支：戊午

西曆時間：2008年6月

6日—2008年7月7日

本月運勢財運偏差，工作事業困難，但是利於學習創作，異性緣特強要慎重處理。

此月的運程有所改善，但是整體分析不佳，困難仍然重重，小人也容易出現，感情方面也不順利。

文昌星來臨，利於學習考試和創作發明，並且異性緣資訊特別強，還沒有物件的朋友要抓緊機會，如果已經有物件的要正確慎重感情問題。

在處理人際關係上也要慎重，防止與人發生口角，在工作與生活中防止紅傷發生。

農曆六月份

天干地支：己未

西曆時間：2008年7月

8日—2008年8月7日

本月運勢雖有好轉，但是仍要先謀而後動，財運開始好轉，不做義氣口舌之爭，注意健康穩定感情。

本月運氣雖然有些好的轉變，但是隱藏的危機還很多，不可盲目做大的投資和活動，需要凡事先仔細謀定，利於思考未來發展大計。

感情方面是非也比較多，建議多想辦法化解。

本月還要注意的是要時刻控制自己情緒，不要義氣用事，以免給事業和感情都造成大的傷害。

農曆七月份

天干地支：庚申

西曆時間：2008年8月

8日—2008年9月7日

本月運勢利於事業打基礎，財運一般，利於休養生息，感情波動比較大要慎重處理。

本月的形式事業上不利於繼續進攻，應該休養生息，繼續打基礎，穩紮穩打。在工作中防止小人，注意口舌之爭，不利於跳槽。

在身體上雖然還偶有小疾，但是本月與太歲三合，健康吉星高照，健康無憂。

本月尤其要重視感情，容易出現兩人重大感情問題，非常容易分裂，需要慎重謙讓的處理。

農曆八月份

天干地支：辛酉

西曆時間：2008年9月

8日—2008年10月8日

本月運勢主要表現為財運和事業都出現很大轉機，運勢比較好，但是要注意夫妻感情。

本月的財運開始轉佳，事業步入正軌，異性緣在工作中表現的比較強，容易得到異性的幫助，但是要正確處理這種關係。

本月也比較利於遠足，出差或旅遊均可，但是要防止丟盜。

農曆九月份

天干地支：壬戌

西曆時間：2008年10月

9日—2008年11月7日

本月運勢財運和事業都非常差，健康也不利，在本年是比較差的。

本月的凶星比較多，也是今年比較難過的一年，在事業方面要特別注意，一不小心很可能會造成很大影響。

在工作中的困難也非

常多，各個方面的阻力也非常大，很多意想不到的事情會發生。有利害關係的親戚也要多多注意，正確處理好他們之間的利益關係，正確處理人際關係，防止孤立自己。

農曆十月份

天干地支：癸亥

西曆時間：2008年11月

8日—2008年12月7日

本月運勢中事業運一般，財星受損，注意家中老人孩子的健康和 safety 問題。

本月的事業方面發展一般，財星受到傷害，財運忽好忽壞。適合做些宣傳工作，與宣傳、講座、交際、演講相關的工作比較順利。作為公務員或者武職的朋友渴望提升，有很好的提升資訊。

家中的老人和孩子要注意他們的健康和 safety 問題。

農曆十一月份

天干地支：甲子

西曆時間：2008年12月

8日—2009年1月5日

本月運勢大有好轉，財運大吉，事業興旺，人際關係有貴人幫助，感情婚姻一切都很順利。

本月裏晦氣一掃而去，財運大吉，正財偏財都很興旺，但是要適可而止，不可貪。

雖然吉星來臨，讓要注意各個工作細節，不可粗支大葉，也容易得到意外之財。在生意上要防止小人設圈套。

農曆十二月份

天干地支：乙丑

西曆時間：2009年1月

6日—2009年2月4日

本月運勢繼續上升，財運與官運俱佳，事業發展蒸蒸日上，人際關係融洽，夫妻感情良好。

本月好運連連，事業上的發展非常迅速，也是為明年制訂發展計畫的大好時機。公務人員的升職機會大大增加，權力增加，節節高升。但是有小人作祟的資訊，在節節高升的同時防止此類人員的行為。

夫妻感情良好，但要防止第三者，並且女子疾病纏身。



牛 整體運勢：

今年屬牛的人運程不錯，在命局中有“月空”、“地解”兩顆難得的吉星出現，雖然有眾多凶星來犯，均可逢凶化吉。

在事業上有吉星貴人相助，事業蒸蒸日上，有大貴人的相助，無論是從事業或者是從職務上來說，均有大的發展，在職務上得到貴人相助只要把握機會就有很大的提升。

財運方面屬於勞有所成的一年，經過自己的勞動和努力均可獲得應得財富。

本年的人際關係非常不錯，關係融洽，在家庭或工作中都能處理很好，尤其是在異性緣上有很大進展，建議多參加社交活動，除了能培養人際關係外，還能遇到自己的意中人。

在健康方面也不錯，稍微注意消化道呼吸道疾病即可。

但是今年仍有眾多凶星和小人當道，值得防備和注意。

生肖屬牛的朋友在2008年為六合桃花。六合者，當然是指相合，流年鼠年與屬牛相合，但由於流年鼠為太歲，位高權重，所以太歲鼠合伴牛的情況出現，合伴有拖拖拉拉，阻攔，纏繞，挽留，牽掛，纏綿，合作的意思，也就是屬牛的朋友會因為其他事情而牽掛對方或者與對方太過纏綿不絕，但有些牛朋友會出現重迭的伴侶，意思就是牛朋友易有第三者啦。

牛朋友在2008年有可能因為工作，讀書，家人，朋友的合作而令大家易於成為愛侶，但是難成或者易成，則是一半人難成，一半人易成，你是難易，可參照1996年的鼠年，你是吉運或凶運，如是吉運，則易成，如是凶運則難成。

如未有目標的單身牛朋友想易於找到伴侶則可在2008年留意，如因工作阻礙，加型，特別比往年合作性多的工作，或者想離開而被挽留下來，



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認識信用的重要

SAMPAN NEWS



Chang Wen Xie (left) and Shao Qiang Li talk about their efforts to collect the thousands of dollars they say they are owed for doing construction work for Ms. Virginia Luke and her children.

Workers Fight for Stolen Pay

By Christopher Rogacz

Three construction workers are filing complaints with the Fair Labor Division of the Massachusetts Attorney General's office against Virginia Luke, owner of the Gar Won Cafe in Quincy. The workers, Shao Qian Li, Chang Wen Xie, and Chao Ting Tan, were hired beginning in 2005, and between 2006 and 2007 performed renovations on the restaurant, as well as on the homes of several of Ms. Luke's relatives.

The workers had worked for Ms. Luke before, and, prior to 2006, seem to have had a good professional relationship with her. Their wages were always paid on time and in full, until June 2006, when the paychecks started to come later, and then not at all.

At first, Li, Xie, and Tan allowed Ms. Luke some leeway, and believed her repeated assurances that the checks were coming. However, the story soon changed, and Ms. Luke then told the workers that they had been paid everything that they were owed, and shouldn't expect more.

Hired on a day-to-day basis

and without a contract, each of the men was paid approximately \$100 per day, though different workers made different amounts.

However, the workers have kept detailed records of the days that they worked, and the days they had been paid for. They also had photocopies of the last check they received from Ms. Luke, which was to cover expenditure for materials, not even the wages.

In fact, documents shown to the Sampan indicate that Ms. Luke was aware that she still owed the workers money, and that she agreed with their assessment of how much and for which days. On one of the documents detailing the days worked, Ms. Luke recorded herself what had already been paid.

For the period for which the workers say they are owed—June 2006 through March 2007 in the case of Mr. Li and Mr. Xie, late June 2006 for Mr. Tan—Ms. Luke has amassed a sizeable debt. Mr. Li claims owed wages in the amount of \$5,096; Mr. Xie in the amount of \$3,300; and Mr. Tan in the amount of \$500.

After writing a letter to Ms.

Luke, the workers are contemplating certain public actions in addition to the claim filed with the Attorney General, such as picketing.

However, according to Massachusetts law, employers are required to pay wage and salaries for work performed within six days of the end of the work period during which money is earned.

Failure to comply with this law may result in a criminal complaint, which has not been pursued yet, a fine of up to \$3,000, and possible imprisonment for up to two months for each violation. If sued and found in civil court to have violated wage laws, a person may be ordered to pay triple damages, attorney's fees and costs.

Amee Chew of the Chinese Progressive Association, which is assisting the workers with their case, says that while this kind of mistreatment is common against immigrant workers, Li, Xia and Tan have kept particularly good records, and that public action can be quite effective in bringing about resolution to these types of conflicts.

Asian Health Initiative Awards

By Christopher Rogacz

The Asian Health Initiative of the Tufts-New England Medical Center announced its grant recipients for the 2008-2010 funding cycle.

The Asian Health Initiative was established in 1995 as a partnership between Tufts-New England Medical Center and the Chinatown/South Cove Neighborhood Council to identify and address public health issues of particular concern to the local Asian community. One of the missions of the Asian Health Initiative is to work with local community-based organizations to address these health issues with culturally and linguistically appropriate educational strategies and program activities.

The following are the grantees announced at the January 18 Award Ceremony, held at the Chinatown Community Education Center, home of the Sampan and its publisher, the Asian American Civic Association:

All but two of the grantees are continuing recipients. The grantees are:

The Asian American Civic Association, publisher of the Sampan, to continue the Community Health Education Project, which manifests as a regular health column in this paper;

Asian Spectrum, for the development and regular broadcast of segments focused on mental health. The Malden-based cable access program will also broadcast its programs on Boston cable access, as well as develop DVDs

and a website to support its mental health education efforts.

The Asian Task Force Against Domestic Violence for the development and implementation of a new program focused on youth and violence prevention. ATASK is a new grantee for the Asian Health Initiative.

Boston Asian Youth Essential Services, for the continuation of their successful program, Positive Actions, which works to reduce youth violence and foster new skills, knowledge, and relationships with supportive adults and peers to increase self-confidence and a connection to the community.

Boston Chinatown Neighborhood Center, for the continuation of its Family Service Program. The program is an agency-wide effort to coordinate services to families as they address the myriad of issues that affect their well-being and mental health.

Greater Boston Chinese Golden Age Center, for a new program, Chronic Disease Self-Management Program for Chinese Elders. Program activities will enable Chinese-speaking elders to make lifestyle and behavioral changes to maintain a healthy active lifestyle.

Wang YMCA of Chinatown for the continuation of the Healthy Habits Plus program which addresses the social, health and fitness needs of Chinatown's elderly population and population of restaurant workers.



2008-2010 Grantees of the Asian Health Initiative

Serving Chinatown's Elderly

By Christopher Rogacz

Growing older is never an easy process at any age. As we move into our Golden Years, new challenges present themselves as our bodies decline and our need for care increases.

In Chinatown, the Greater Boston Chinese Golden Age Center helps the elderly maintain independent lifestyles while facilitating a sense of community amongst those 55 and older.

Greater Boston Chinese Golden Age Center is a nonprofit organization dedicated to serving the Asian elderly since 1972. With a commitment to promote the general welfare of Chinese-speaking Asian elders including their psychosocial and economic

well-being, Greater Boston Chinese Golden Age Center has a comprehensive network of programs and services assists elders to maintain their independence and remain at home. In addition to affordable housing for elders, Golden Age Center offers such programs and services as Nutrition, Adult Day Health, Elder-at-Risk, Lifeline, Transportation and Congregate Housing.

In some ways, the challenges facing Chinatown seniors are no different from the everyday concerns of the average person. Ruth Moy, Executive Director of the Golden Age Center, says that many of the Center's clients are concerned about getting jobs so

that they can help support their families.

Many, she says, live in their children's homes both for their own security and need for family, but also to help out. They may, for instance, help with babysitting when the parents are at work.

Another significant concern amongst Chinatown's elderly is their ability to communicate. Being largely Chinese-speaking without fluency in English, they can feel linguistically isolated. Ms. Moy, whose agency is currently looking to expand the Hong Luk House, hopes that with the new building, more community social services can be

provided, such as hosting dances or other events where seniors can come and mingle with each other.

In a unique partnership with Greater Boston Chinese Golden Age Center/On Luck Housing Development, Inc., Rogerson Communities has spearheaded a \$26 million dollar project to create a new 8-story building containing 74 apartments for elders along with an adult day health program and senior center on four parcels on Essex Street. Through the generosity of State Street Corporation, the fundraising goal for more affordable elderly housing in Chinatown is within reach. The Hong

Lok project received \$1 million from State Street to support the development of housing for low-income seniors in this downtown Boston neighborhood. Located in the Liberty Tree Historic District, the project will preserve existing historic features on the site.

"The redevelopment of Hong Lok House will be an important addition to the Chinatown neighborhood and the greater city community," said George Russell, executive vice president and head of Community Affairs at State Street.

Under the direction of Ruth Moy, Greater Boston Chinese Golden Age Center enlisted

CONTINUED PAGE B3

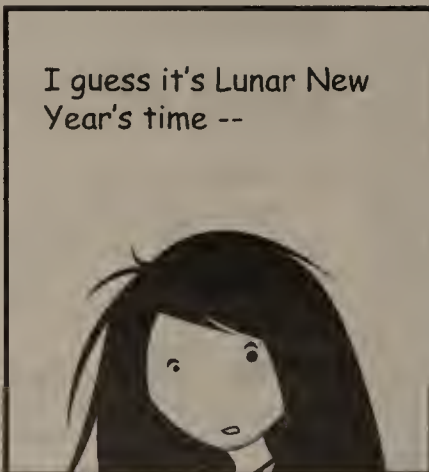
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SAMPAN

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MANAGED CARE/SOCIAL SERVICES ASSISTANT (FT)

Assist patients and their families with billing, insurance and social services program. Duties and responsibilities include concrete services for government benefits: SSI, Medicaid, health insurance; advocate in billing adjustments, insurance acquisition and related social services needs. Associates Degree or Bachelors Degree preferred. Fluent in Cantonese/Mandarin and English. Experience in an outpatient medical setting.

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Provide interpretation and translation services for Cantonese/Mandarin speaking patients and providers. Bilingual in Cantonese/Mandarin and English, Vietnamese a plus. Must have strong interpersonal skills. Fluency in Cantonese/Mandarin and English to ensure accurate interpretation and translation. Knowledge of medical terminology a plus

DENTAL ASSISTANT (FT)

Assist dental staff to render comprehensive and complete dental care to patients; to work as a team; to coordinate and supervise personnel and programs when assigned. Bilingual in Cantonese/Mandarin and English preferred. CDA, preferred.

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(c) George Russell, executive vice president and head of Community Affairs at State Street presents \$1 Million Dollar check for Hong Lok project to Ruth Moy, executive director of Greater Boston Chinese Golden Age Center, (rear l-r) David Ko, case worker for the Center, Anne Morton Smith, director of Development and Community Relations at Rogerson, and James Seagle, Jr., president and chief executive officer of Rogerson Communities. The group is surrounded by members of the Golden Age Center.

FROM PAGE B1

the support of Rogerson Communities to realize the project. "We are thrilled that our neighbor State Street has joined us in this opportunity to improve the lives of our elders in Chinatown," said Ruth Moy, Executive Director of Greater Boston Chinese Golden Age Center.

With this contribution, State Street joins the list of charitable organizations including Charles H. Farnsworth Charitable Trust and the Grand Circle Foundation that have each committed \$1 million or more toward the redevelopment project. The goal is to raise

more than \$6 million from private foundations and individuals. Highly successful fund-raising efforts have resulted in more than \$3.4 million raised to date.

"We are very pleased by State Street's support of quality, affordable housing for elders who have no other options," said James F. Seagle Jr., president of Rogerson Communities. "This contribution not only underscores the commitment State Street has to community development, it also demonstrates that State Street values the preservation of neighborhoods."

Rogerson Communities has been providing

housing and health care for elders and low-income individuals and families since it was founded in 1860. Today, the non-profit organization serves more than 1,500 Greater Boston families through 25 facilities and programs. These services include housing, adult day health programs, fitness training and memory loss care and treatment. In addition, Rogerson Communities partners with other non-profits including the Greater Boston Chinese Golden Age Center and On Luck Housing Development, Inc. to promote the development of appropriate and affordable housing for elders in need.

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HEALTH 101

It's No Longer Just You... Pregnancy and Nutrition

By Margarita Ebril

Are you pregnant? Do you wobble around jubilantly and just cannot stop chattering about how thrilled you are to embark upon motherhood? If so, congratulations...motherhood has already begun! While in the womb, your baby receives nutrients directly from the food that you eat; there is a strong correlation between a mother's diet and the growth and development of her children during pregnancy and also after birth. Therefore, your first task as a mother is to consume a nutritious diet in order to enhance your baby's chance of attaining a normal growth and development rate. This may seem like an overwhelming responsibility, but if you follow a healthy dietary pattern, you will certainly succeed.

Maintain a General Healthy Diet

Pregnant women will inevitably gain weight; in fact, these extra pounds strongly correlate with the birth weight of the infant which is the major factor affecting survival in the first two years of life. The recommended weight gain during pregnancy is 25 to 35 pounds for normal weight women, 28 to 40 pounds for underweight women, and 15 to 25 pounds for overweight women. During the last trimester of pregnancy weight gain is most crucial because this is when brain development of the fetus occurs. On average, a woman should gain one pound per week during this time. In order to maintain a healthy and steady weight gain, women should increase their caloric intake by approximately 300 calories per day. However, this calorie intake should be from healthy foods. For example, an apple has approximately 100 calories, a fortified glass of orange juice has about 120 calories, and a cup of low fat yogurt has 150 calories.

While you are pregnant, it is important for you to consume a variety of healthy foods from these major food groups:

Fruits and vegetables are filled with minerals, vitamins, and fiber. The fiber in fruits and vegetables decreases constipation, a common source of discomfort during pregnancy. Fruits and vegetables with vitamin C such as strawberries, oranges, peppers, broccoli, tomatoes and peppers enable both you and your baby to have healthy gums and tissues. Dark green vegetables

contain several important nutrients during pregnancy including vitamin A, iron, and folate. It is critical for mothers to develop sufficient iron stores which are transferred to the baby in the last trimester. This mineral is crucial because breast milk is low in iron, and iron is necessary to prevent iron-deficient anemia (a blood disorder) in the infant. Folate is particularly crucial for the baby during the first trimester and prevents neural tube defects such as spina bifida and anencephaly (serious abnormalities of the brain and spinal cord.) You should aim to consume 7 servings of fruits and vegetables every day. (1 serving is, for example, 1 cup of fruits or vegetables, 1 medium sized fruit, or 1 small baked potato.)

Grains are a source of carbohydrates, fiber, iron and vitamin B. Instead of eating white bread and pasta, you should instead choose healthier grains such as wheat bread, brown rice, and fortified cereals because these are high in fiber. Every day, you should consume 6 to 9 servings of grains every day. (1 serving is, for example, ½ cup of rice, pasta, or cereal, or ½ of a bagel.)

Dairy is an essential source of calcium during pregnancy. This mineral is essential for the bone and teeth development of the baby. If the mother's consumption of calcium is deficient, the baby will obtain calcium from her bones and can cause her to experience bone loss. Preferably, you should choose low fat dairy products such as skim milk, low fat cheese, and low fat yogurt. You should consume 4 servings of dairy every day. (1 serving is 1 cup of milk, 1 cup of yogurt, 2 slices of cheese.)

Poultry, meat, eggs, and beans are excellent sources of protein, iron, and vitamin B. Since protein is crucial for the growth of the baby's muscle mass and organs, this is an essential nutrient during pregnancy. You should choose lean meats to minimize your intake of saturated fat. Also, the meat that you consume should be well cooked to avoid bacterial food poisoning. Ideally, a pregnant woman should have 2-3 servings from this food group every day. (1 serving is 1 egg, ½ cup of cooked beans, a 3 in. x 4in. piece of lean meat or fish.)

In addition to following these dietary guidelines, you should also take a pre-natal vitamin supplement every day. While a supplement is not sufficient to replace the

nutrients that must be obtained from the diet, it ensures that you are indeed consuming all of the nutrients that you and your baby need.

Foods to Avoid

While there are many nutritious foods you should include in your diet during pregnancy, there are also certain foods that you should avoid.

Sweets, oils and fats can be eaten in moderation. However, as tempting as it is, do not regularly indulge in foods such as cake which are high in sugar, oil, and fat and low in nutrients.

Alcohol must be completely eliminated from your diet. Alcohol has been correlated with a higher risk of miscarriage and stillborn children. Also, this substance can lead to abnormalities in infants such as fetal alcohol syndrome, which is characterized by mental retardation, low birth weight, facial deformities, and heart problems.

Soft cheeses are made from unpasteurized milk and may cause food-borne illness. These cheeses include feta, blue cheese, brie, and camembert.

Caffeine can negatively affect your baby's heart rate and breathing patterns. While consuming small amounts of caffeine such as 1 cup of coffee per day does not seem to have significant impact on the baby, it is generally not recommended.

Seafood may contain high levels of mercury which can cause abnormal development of the baby's nervous system (the brain and spinal cord.) Therefore, you should avoid swordfish, king mackerel, and sushi. Although these fish should be avoided, other seafood such as shrimp, salmon, and catfish can be consumed during pregnancy.

Although all of these nutrition guidelines may seem like plethora of information at first, once you start abiding by them, they will quickly become easy to follow. Not only will these eating habits promote the health of your baby, but they will also augment the quality of your own health. Welcome to motherhood!

Article funded as part of the Asian Health Initiative of Tufts-New England Medical Center

2008 New Year's Financial Resolutions... On track?

By Michael C. Tow

We're only about a month into 2008 and some of you have already broken your New Year's resolutions. Others of you have been obsessively committed to them with giving up not being an option.

I decided to do an informal poll and ask some friends, family and clients to see what types of financial New Year's resolutions they made and how those resolutions were coming along.

Nancy T.: My goal for 2008 was to cut down on my daily spending. On a normal work day for breakfast, I would spend about \$4.50 on a bagel sandwich and coffee. For lunch, I would spend about \$8 and then \$1.50 for coffee after lunch.

Results so far: It's been great! I bought a cool thermos for \$10. Everyday for breakfast, I bring my own coffee with a plain bagel and yogurt. (The thermos paid for itself within the first week of usage!) Now I pack a sandwich for lunch and I have been cutting down the afternoon coffee run. Not only am I saving money, but I'm eating healthier to boot!

Roger H: I made a resolution to stop gambling. I've spent thousands of dollars at the casino throughout the last few

years. I usually go down 2 or 3 times a month, sometimes even 2 or 3 times a week. I realized if I had put that money away instead I would now have a sizable nest egg. It is not just all about losing and gambling money, but my gambling habit has screwed up my concept of money. When I won, I spent the money immediately and frivolously, and if I lost I would become a hermit and not spend anything.

Results so far: I haven't gone to a casino for 3 weeks, however last weekend I broke my resolution. I went to the casino. I lost and now I've promised myself not to go again....let's see how long that lasts.

William H: My wife and I made a goal for 2008 to get our finances in order. I had to sit down with a lawyer to get my wills and trusts done. I also needed to sit down with a financial planner to take a look at our investments. We had no strategy. We also had to consolidate our investment accounts, and set up a strategy for saving for retirement and planning for our kid's college funds.

Results so far: My wife and I have sat down with you to consolidate our investment accounts including rolling over my

old 401k accounts. We've adjusted our investments to suit our situation and we're on an automatic deposit plan to put money into a 529 plan for our kids.... We still haven't met with a lawyer yet, but that's next on the list.

Not everyone who sets a resolution is able to follow through for the long haul. Sometimes just by identifying an area that needs improvement is half the battle. Keep trying!

According to the Chinese zodiac on the year of the Rat: (Yours truly is a Rat.) This year will provide opportunities for people who are well prepared and committed.

Happy Chinese New Year!

If you have questions or topics that you would like me to address in future issues of the Sampan, please send an email or letter to me.

CERTIFIED FINANCIAL PLANNER™, Michael Tow is President of New Boston Financial. He is a registered representative of, and offers securities and advisory services through Commonwealth Financial Network- a member firm of FINRA/SIPC. He is located at 58 Harvard Street in Brookline and can be reached at 617-734-4400 or www.newbostonfinancial.com

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First-ever Chinese-American Children's Show to Premier

National children's television network, Nick Jr., is launching a groundbreaking, interactive animated series, Ni Hao, Kai-lan. The show is the first-ever U.S. mainstream television series that teaches children Chinese culture and language. The program targets 2-5 year olds, including second-generation Chinese American preschoolers.

The new series features Kai-lan, a playful and adventurous bilingual five-year-old Chinese-American. Through the eyes of Kai-lan, her rich daily activities, and her interactions with her animal friends and grandfather, children will learn about the Chinese culture and language in fun and engaging ways. Ni Hao, Kai-lan's play-along, sing-along format will also help guide preschoolers to identify their emotions and learn coping mechanisms to deal with their feelings.

Ni Hao, Kai-lan is created by Karen Chau, a first generation Chinese-American born in New York. Karen's bilingual childhood experiences and her background in art

illustration helped inspire the creation of the innovative show.

Nick Jr. has created bilingual shows in the past, most notable the highly-successful Dora The Explorer, which uses animation and interactive televisual games to teach children Spanish. "Dora"

first aired in 1999.

The series will premier on Chinese New Year Day, February 7, at 11:00 A.M. (ET/PT). The first shows will feature the most celebrated holidays in the Chinese culture - Chinese New Year and Dragon Boat Festival.



Image from the episode "Rainy day less rain"
From L to R: Kai-lan and Yeye.
© Nick Jr.

Chinatown in Pictures

By Christopher Rogacz

The origin of Boston's Chinatown can be traced to the 1870s, when Chinese workers from more established Chinatowns in New York and San Francisco came to Boston and settled in the area in and around South Cove. When they arrived, the neighborhood was inhabited by Jewish, Syrian, Italian and Irish immigrants, and sat on land that had been reclaimed by filling in marsh.

Since Boston Chinatown's origins along Oxford Street, the community has struggled against the racism codified in the Chinese Exclusionary Acts and police raids, against cavalier urban planning projects the wounds from which are only beginning to be healed with the dismantling of the Central Artery and re-development of Parcel 24, against institutional expansion, and now against rising costs and gentrification.

In spite of the long history of the neighborhood, it wasn't until 1992 that the Chinese Historical Society of New England was founded to "document, preserve, and promote the history and legacy of Chinese immigration in New England." As the most significant and largest enclave of Asian

settlement in New England, Boston's Chinatown would be a major component in the Society's work. Operating without paid staff, the efforts at preservation could only be said to be tenuous. However, the important work of documentation has gone forward, and finally has found a secure place for posterity in the form of a new book.

Wing-kai To is an associate professor of history at Bridgewater State College, and together with the Chinese Historical Society of New England, has just completed a book that documents the visual history of Chinatown. "Chinese in Boston: 1870-1965" is the first book that attempts to



Chinese in Boston: 1870-1965, \$19.99, Arcadia Publishing. By Wing-kai To and the Chinese Historical Society of New England. 127 pages.

CONTINUED PAGE B7

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Quinsigamond Community College

Vice President for Community Engagement

The Vice President is a new executive position that will provide leadership, as an extension of the President's office, resulting in increased advocacy, funding, partnerships, alliances and support, through engagement with external groups (industries, schools, community based organizations) to aid Q.C.C. in defining and achieving its goals and objectives.

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Application review will begin March 17, 2008 and position will remain open until filled. Applications may be mailed to: William Daring, Director of Human Resources, Quinsigamond Community College, 670 West Boylston St., Worcester, MA 0106-2092. Fax: (508) 854-4390 or e-mailed to: cyndye@qcc.mass.edu

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FROM PAGE B6

serve as a comprehensive repository for the visual history of Chinatown from this period.

Stretching from the neighborhood's foundation to just after the construction of the Central Artery, the images tell a story, even if there is no obvious plot.

Professor To does not narrate. The only text in the book is in the acknowledgment and introduction, and also in the captions. This is not, then, an unabridged history, and To is not claiming to be an authority.

With short descriptions that humbly contextualize each photo, the layout of the book itself encourages free association and independent investigation.

In a way, it's a shame that books are an ordered number of pages where page two is followed by three is followed by four, and so on until you turn the back cover. While To organizes the book somewhat chronologically and according to seven themes (grouped into chapters: "Arrivals in New England"; "Settlement

in Boston Chinatown"; "Community, Culture, and Education"; "Women, Families, and Activism"; "War, Nationalism, and Citizenship"; "Urban Renewal and Acculturation"; and "Remembering the Past"), there is an impulse to rip out the pages and create new image-sentences by rearranging the pictures to tell different stories.

And that's just what the spirit of photographs is. On the one hand, they are more authoritative than text because they reference a physical arrangement of people and objects as they actually existed. On the other, they are more mysterious because they are only starting points — windows onto a whole past world that the building and rebuilding of the urban landscape paves over.

This book is an important first step in creating narratives of Chinatown. Not a single history, but the combined network of lived experience that permeates the brick and soul of the neighborhood to this day.

'Lust\Caution'

By Yang Yang

Trans: Jessica Eng

Zhang Ai Ling's novel comes to life in the movie "Lust, Caution". Through the lens of Ang Lee, the complex and beautiful story weaves together a piece about murder and unrequited love. The plot line is loosely based on events that occurred during the 1940s. Wang Zhi is an espionage agent whose mission is to kill a member of the Japanese collaborationist government. Ironically the one she is set to kill becomes the man she falls in love with. The movie is set during the Japanese occupation of Shanghai and thus there is an underlying sense of foreboding tensions.

Ang Lee's version of Zhang Ailing's story includes his own additions to the novel, as the paper version is not complete. A single line from Zhang Ai Ling's novel that described the possible animosity and uncertainty Ms. Wang felt translates into a pivotal

scene in the movie. When Mr. Yi and Ms. Wang Zhi go to visit the Japanese clubhouse this scene best portrays the hopelessness Wang Zhi feels.

Although the film stars the ever popular Hong Kong star Tony Leung Chiu Wai, it is newcomer, Tang Wei's performance that is worthy of admiration. Wang Li Hom completes the cast as Wang Zhi's first love, but later encourages her to conspire against Mr. Yi. This film recently won a Golden Lion at the Venice film festival and several awards at the 2007 Golden Horse Awards in Taiwan. It currently has a NC-17 rating due to graphic sexual content, but was released in the United States on September 28, 2007.

You can expect "Lust, Caution" to be intense. Ang Lee captures the sentiments of Zhang Ailing's novel in a way that is excitingly fast paced and dazzling.



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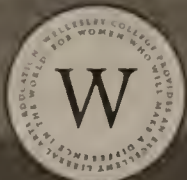
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New Year

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www.chinatownmainstreet.org/events/html

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Boston Children's Museum
300 Congress St, Boston
Activities include Chinese music, lion dance, acrobats, a zodiac play, arts & crafts, etc. Museum admission charged.
617-426-6500
www.bostonchildrensmuseum.org

Quincy Lunar New Year Festival
Sunday, February 17, 2008
North Quincy High School
10:30 am – 4:pm

Banquets
Chinatown Main Street
Saturday February 2

Chinese Progressive Association
Friday, February 22

Boston Chinatown Neighborhood Center
Friday, February 29

Harvard Museum of Natural History
Bilingual Gallery Talks and Tours of the Ware Glass Flowers Collection
Friday, February 8
3:00pm
Mandarin speaking volunteers will discuss the history of the Glass Flowers collection and highlight particular specimens of the Glass Flowers that relate to China and Chinese botany.
26 Oxford Street
Cambridge, MA 02138
617.495.3045

Scavenger Hunt/Gallery Exploration of the Twelve Animals of the Chinese Zodiac
Monday, February 4
9:00am to 5:00pm
Each of the twelve animals will be linked with a specimen in the galleries. Experience the galleries and try your hand at drawing the animal of your year of birth.
26 Oxford Street
Cambridge, MA 02138
617.495.3045

Shangri-La: At the Heart of a Biodiversity Hotspot
Susan Kelly, manager of Harvard University Herbaria's Biodiversity of the Hengduan Mountains Region Project, will detail current botanical exploration in this mysterious land inhabited by yak herds, Buddhist monks and fierce Khampa warriors.
26 Oxford Street
Saturday, February 9
3:00 PM
Cambridge, MA 02138
617.495.3045
First Flower, a DVD Screening at Harvard Museum of Natural History
DVD screening of a NOVA documentary that follows the search through the Hengduan Mountain region of south central China.
26 Oxford Street
Cambridge, MA 02138
617.495.3045

Peabody Essex Museum
Performance: Lion Dance
Saturday, February 16
11:30 am and 3:30 pm, Atrium

Family Art Activities
Saturday February 16
Noon-4:00 pm, Art Studios
Participants of all ages learn about the 12 animals of the Chinese zodiac and celebrate the New Year with art projects.

DEMONSTRATION AND WORKSHOP: Mah-jongg
Saturday, February 16
1:00-4:00 pm, Bartlett Gallery

PERFORMANCE: Melody Dance Troupe
Saturday, February 16
1:30 pm, Atrium

FILM: Mah-Jongg: The Tiles That Bind
1998, 32 minutes

Directed by Phyllis Heller and Bari Pearlman
Saturday, February 16
4:15 pm, Morse Auditorium
In this heartwarming documentary, the directors explore how a centuries-old Chinese board game can act as a bridge between generations, continents and cultures. Specifically, Mah-Jongg examines the cross-cultural influence that it has on both Chinese- Americans and Jewish-American women.

Exhibits

Peabody Essex Museum
'Perfect Imbalance: Exploring Chinese Aesthetics'
Features objects that date from the Neolithic era to 2004 including paintings, jade, textiles, porcelain and prints.
East India Square
161 Essex Street
Salem, MA 01970-3783
Phone: 978-745-9500, 866-745-1876
Open daily 10 A.M.-5 P.M.
Adults \$13, Seniors \$11, Students \$9
Youth (16 and under) and Salem, Mass. residents admitted free.

Museum of Fine Arts
"Zhang Daqian: Painter, Collector, Forger"
Tells the story of Chinese artist Zhang Daqian's (1899-1983) career through the lens of the MFA's collection. All of the works on view were either owned, painted, or forged by Zhang—a talented artist who was passionate about tradition but driven to innovate, and deceive. Among the 20 works are two forgeries, once believed by the MFA to be centuries older, and now attributed to Zhang.
Monday and Tuesday 10 am-4:45 pm
Wednesday-Friday 10 am-9:45 pm
Saturday and Sunday 10 am-4:45 pm
Tickets: Members FREE, Adults \$17, Seniors and Students 18 and older \$15, Youths 7-17 \$6.50, Youths 6 and under FREE

Sackler Museum
"Downtime"
Features a selection of Chinese ceramics from the Tang (618-907) through the Qing (1644-1911) dynasties. Four contemporary Chinese paintings will join the ceramics and serve as a small companion exhibition to "A Tradition Redefined." (Through Jan. 27, 2008)

Performance

Jaded Lounge
All Asian All Queer Cabaret Hosted By Becca D'Bus
Jacques Cabaret
8:00PM
Third Monday of every month
Cover: \$6

福

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Action for Boston Community Development
178 Tremont Street
Boston MA 02111
617-357-6000

私人回憶:

越南，1968年的那個春節

撰文：Liem V. Tran

農曆春節在越南語中被稱為「Tet」。春節在眾多亞裔成人的記憶中佔有極其重要的位置。

我們小的時候都曾經是那樣充滿渴望而興奮地盼望春節，我們曾經那麼盼望到了春節可以穿上新衣，到長輩那裏領到用紅利是封包著的壓歲錢。

在這眾多的記憶中，1968年的那個春節對我來說尤為特殊。

那年正是越南戰爭最激烈之時。

在春節當天，位於湄公和三角洲入口的美拖(MYTHO)市，一名越南婦女突然臨盆。

在當時炮彈橫飛處處開火的美拖，街道都封鎖了，人們不是在逃難就是躲在庇護站裏。

在這樣的情況下，這名臨盆的婦女需要到醫院去生孩子，但當時想要出行，無論上哪裏都必須擁有政府頒發的通行證才行。

幸運的是這位婦女的丈夫是當時市警察局長，

他騎著摩托車帶著妻子克服重重困難穿越道道關卡，終於到達了當地的醫院。

當孩子生下來以後，他們很快就出院回家與他們還躲在防彈庇護所裏的另外六個孩子團聚。

在這家人居住的城市另外一邊戰火正猛，無情的炮彈不斷轟炸摧毀著許多家園，

而在相對安全的城市這一邊，這位婦女抱著她的初生嬰兒和其他人一起站在外面觀望。

正在觀望之時，忽然有人注意到這位婦女的右肩膀正在流血！

這位婦女一下意識到她可能是被流彈擊中了，她立刻驚慌起來，生怕流彈擊中了她懷裏嬰兒的頭！

周圍的人都圍了上來，七手八腳地幫著檢查嬰兒的頭部。萬幸的是，嬰兒的頭毫髮無傷。

二十五年以後，當我大學畢業的時候，才第一次聽我母親講述這個關於

我的，發生在1968年春節的故事。

我的母親說，因為我出生在春節當天，是春節帶给了我這樣的好運氣，即便遭遇過這樣近距離的流彈，但卻毫髮無損沒有被擊中。

而更神奇的是，雖然我當時還是母親懷中的嬰兒，卻不知是什麼原因，居然能清楚地記得當時的情景。

(編譯：楊陽)



舢舨理財:

什麼是信用評分？

如果你要申請房屋貸款、汽車貸款、學生貸款等，清楚知道你自己的信用評分是相當重要的。信用評分是一個數值評分。此數值可以反映出一個人的信用價值。一直以來，放款人都是根據信用評分來決定放款與否以及放款利率。

信用評分的分數範圍從300到850。最低分數為300；最佳信用評分為850。該評分是根據三家主要公司提供的信用數據：Experian、Transunion和Equifax。

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如何提高信用評分？

提高信用評分最好和最顯而易見的辦法就是按時繳付帳單。遲繳和漏繳將對信用評分造成極大的

負面影響。靠著按時付款，你的信用分數將會提高。但是你必須注意，一次逾期付款就得用很久的時間來補救。你必須耐心來改善你的信用評分。

另一個秘訣是降低你的債務金額。債務金額越高，信用評分可能會越低。如果你能繳清信用卡餘額，這其實比你終止該帳戶更有助於信用評分。原因是你的信用評分，是由債務金額和信用額度的比例來決定。建議比率至少低於75%，而25%或更低則為理想。終止信用卡將降低你現有的信用額度。許多人擔心，如果他們不終止信用卡，餘額會越來越高。在這種情況下，把信用卡停掉是一種方法。

確保你的信用歷史更新，也可以增加你的信用評分。不幸的是，現今身份盜竊已是司空見慣。經常檢查您的信用報告，你可以及早發現錯誤或盜用欺詐情形。

根據麻州法律，每人

每年可以免費向三間公司要求信用報告。可以考慮每四個月拿一份信用記錄。這樣一來，可以充分利用免費的報告，來幫你更清楚掌控信用歷史和現狀。

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如果你有任何疑問或議題，請發送電子郵件或來信。

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惡搞《色戒》：易先生變成梁校長

自胡戈惡搞陳凱歌的大片《無極》，惡搞這一概念橫空出世以來，以《一個饅頭引發的血案》為領頭羊的惡搞短片紛紛在各部大片上演後出現。最近一直是話資熱點的大導演李安的影片《色戒》，也難逃惡搞命運。

影片中男一號——由梁朝偉扮演的漢奸易先生，在惡搞短片中搖身一變，成了狠抓四級考試的梁校長。

和胡戈當年用的惡搞方式一樣，《色戒》惡搞版的創作者主要利用影片畫面重新剪接，消去電影原音，並配上了自己的臺詞，生生把一部電影改成了搞笑的“四級考試師生鬥”。

《色戒》惡搞版截取了易先生與副官決定處決王佳芝、鄭裕民煽動同學參加刺殺計畫和王佳芝與鄭裕民被處決等畫面，並利用香港電影《無間道》中的部分畫面，講述了學生想法作弊，最後被校長抓了開除的無厘頭故事。

除此之外，《色戒》惡搞版還讓劇中人操上一

口東北腔，再加上爆笑臺詞，真是人忍俊不禁。

該惡搞版中，梁校長收到副官的“全校”四級考試有人作弊”報告後，梁校長氣憤地一推報告文件：“都×××怎麼學的。”原來影片中梁朝偉簽寫處決王佳芝的報告，也被剪接成了簽寫“不過四級，不准畢業”的手諭。

在梁校長下令四級英語補考必須及格否則不能畢業後，王力宏及一幫掙紮在四級苦海中的學生毅然決定派英語成績最好——上次考試的了最高分32分的王佳芝找個補考老師（庾宗華）補習，再在考試中實行“一人吃飽，全家不餓”的作弊方式。

在這一幕中，王力宏扮演的鄭裕民召集同學商量大計，愛國學生鄭裕民變成了煽動同學作弊的頭頭。

《色戒》原版中“等你親眼見到一個出賣國家和同胞尊嚴的人，你就知道殺人一點也不難！”的臺詞變成了“考不過四級咱們一樣畢不了業，

咱們無路可走，只能抄！”；“我們有誰知道殺人怎麼殺”變成“咱們英語一個比一個爛，抄誰的啊。”；在原片中慷慨激昂的“引刀成一快，不負少年頭”這樣的詩句在惡搞版中被改編成了爆笑版的“四級不可怕，只要主義真，大家一起抄，必過六十分”，實在是“笑”果十足。

《色戒》惡搞版視頻的高潮是校方採取的反作弊行動，在同學們商量完作弊大計並把王佳芝送去英文補習以後，惡搞版畫面切換成了《無間道》中黃秋生部署抓探哥的畫面，然而他的臺詞卻換成了：“這次四級考試，梁校長下令狠抓作弊，所以我們採用高科技無線遠端監考，考試的時候，大家用望遠鏡遠距離瞰著考場，一旦發現作弊的，立馬用手機報告抓捕大隊，一個活口不留。”，然後還順帶諷刺了一下聯通廣告。

接下來，《越獄》裏的林肯發現“情況”，拿著望遠鏡報告：“26層102窗戶第三排那個小姐

大片全惡搞，一個都不能少

不僅《色戒》此次被惡搞，最近上市新片《投名狀》和《集結號》也被某網站拿來開發成了互動惡搞遊戲，目前已有數十萬網友參與玩過。《集結號》惡搞方式是拿馮小剛尋開心，《投名狀》更是拿主角們真實身份和角色做文章。

《集結號》遊戲稱名導馮小剛攜年度大片《集結號》再戰內地電影市場，但當今觀眾的欣賞水準越來越高，要求也越來越高，導演面臨的壓力很

在傳紙條。”最後，王佳芝和鄭裕民雙手被縛，跪在石礦場上，畫外音宣佈：“王佳芝等同學作弊，違背了天天學習，好好向上的校訓，現處以開除學籍處分。”

當年正在參加柏林電影節的導演陳凱歌在接受採訪時談到了《一個饅頭引發的血案》情緒激動，他不僅起訴了胡戈，還在採訪中說：“我覺得人不能無恥到這樣的地步。”

當時惡搞片的主要傳播媒體就是網路，所以陳

大。究竟《集結號》能否吹響，必須請觀眾助他一臂之力。其遊戲規則：點擊滑鼠左鍵擊斃沖上陣地的群眾演員，同時注意不要打中摻雜在其中的明星演員。如果讓敵人沖上陣地或是誤殺一定數量的明星演員遊戲即失敗，參與者的任務就是，請堅守陣地直至集結號吹響。

而互動惡搞《投名狀》的遊戲也很有趣，就是趙二虎發現自己夫人蓮生和龐青雲有染，為了挽回男人的尊嚴，

凱歌此番言論一出，網路上一片譁然，有網友評論說，如果不是胡戈的惡搞，陳凱歌的《無極》絕對不會有那麼多人關注。

多數網友都很喜歡《一個饅頭引發的血案》，並從道義上支持胡戈。

還有網友表示，那句“我覺得人不能無恥到這樣的地步。”的話應該送還給陳凱歌，他們認為胡戈的剪接技術和講述故事的能力比陳凱歌還要好。

今年度的大片《色

他只有靠武力來證明自己是最強的。惡搞網站請參與遊戲者幫趙二虎來挑戰龐青雲。遊戲規則就是使用控制鍵，控制趙二虎挑戰龐青雲，在規定時間內打敗龐青雲即告勝利。勝者王敗者寇，如果輸了，趙二虎會慚愧地說：“為什麼我會輸？我才是元配。”而龐青雲則會攬著蓮生說：“我是唯一的選擇，請支持壹基金。”結果令人忍俊不禁。

戒》的惡搞版是由一班無名網友製作的。

目前這一視頻已經成為各大視頻網熱門點擊。在網路討論版中，不少網友大呼這個視頻的創意和剪接精細度甚至超越了胡戈的《一個饅頭引發的血案》。

大部分網友們對這個視頻都打出高分，認為其“創意獨到、配音好，剪接到位。”

不過也有網友覺得此次惡搞的短篇結尾草率了點，如果再有一些鋪墊就更好了。

Asian American Civic Association

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幾十年前，作家張愛玲把一個涉及政治、謀殺、男女之情的複雜故事精簡成一篇僅有三個場景的極端濃縮，極端含蓄，極端冷豔的短篇小說。如今，根據這篇小說改編成的電影《色戒》把張愛玲省略掉的幾十個場景全部一一補了回來。

故事從麻將桌開始，如同她們手指上沉甸甸的鑽石戒指，陳沖等老名角的入盟為麻將桌的開場加分加碼。

強光燈下，牌桌上的人各懷心事，鏡頭迅速從一個人的臉切換到另一個人，那些臉上的表情都豐富地足以推敲半日，鏡頭又迅速切換到白得晃眼的麻將，切換到珠光四射的戒指。國語，上海話，四川話從各色的紅唇中輕描淡寫地蹦出來，說著“吃”說著“碰”，最後說到戒指。而這個故事也從戒指開始，終以戒指結束，王佳芝與易先生之間的糾葛通過這個戒指從欲望走向了愛情卻又在現實中夭折。

《色戒》的原著字裏行間有著太多的隱忍太多的纏捲太多的掙扎，還有太多不能說的秘密。而經過導演李安的詮釋，影片

《色戒》

——誰把欲望當成了愛情



裏除了這些暗流湧動的情緒之外，更多了一份不一樣的韻致。

這種韻致不僅來自於李安在《色戒》中對情欲戲的表現，也來自於影片赤裸裸描繪鄭裕民等幾名學生殺戮老曹時的血腥和殘忍。

爲了彌補影視媒體與

紙質媒體表現方式不同的缺憾，李安在影片中安排了一些小說中沒有的場景，並用不同的形式嘗試表達小說中原來的意境。

影片中王佳芝與易先生在日本會館見面那場戲便是一絕妙之筆。

對於這場戲，張愛玲小說只有寥寥一句：“他對戰

局並不樂觀。知道他將來怎樣？得一知己，死而無憾。”

導演李安對這一段場景的設置非常巧妙——曾留學日本的易請王佳芝來日本人的場所，並不是爲了炫耀奴才和主子的關係有多緊密，而是感歎大勢已去。

在這裏，他讓這個紅顏知己感受到了他的失魂落魄，他說他不喜歡日本人唱歌，由此引出王佳芝那段“天涯歌女”。

當王佳芝唱到第三段的時候，她對他的愛已昭然若揭。在這樣的場景下，易先生知道她並沒因他有權有勢而愛他，就在他最脆弱時，他的人性也逐漸浮現，千言萬語，盡在不言中。

歌聲落下，易先生掬一把淚更是這一段的神來之筆。

影片中演員的表演，雖然有影帝梁朝偉壓陣，但出演女一號王佳芝的新人湯唯的表演很是令人折服。

她一張臉時而清純可

人時而風情萬種；時而隱忍時而放肆，表現了人物不同層面的無數心境。

從一開始對“王力宏”的純情暗戀，到爲幫助自己白馬王子完成刺殺的心願而作出甚至肉體上的犧牲時的痛苦，到純熟的成爲一個間諜時候的圓滑，對“易先生”產生感情時候的矛盾，到最後對“易先生”感情還有一絲希望沒有服下毒藥，她的表演可圈可點淋漓盡致。

影帝梁朝偉對於易先生這個角色來說，是再合適不過了。他在影片中的表現極富張力卻又相當含蓄，真正做到了收放自如張弛有度。將一個老謀深算精明過人的老男人形象刻畫得栩栩如生——他蘊藏深刻的眼神，豐富卻隱忍不發的面部表情以及情緒起伏時的自律克制，以及情緒即將爆發卻又嘎然而止的細節無一不精彩到位。

《色戒》全片劇情緊張，毫不拖沓。拍攝技巧的運用也非常出色，畫面處理動靜對比明顯。電影一開始鏡頭轉換剪接之快令人眼花繚亂，但之後的幾個特寫靜鏡頭，卻充滿張愛玲小說的味道。

和《斷背山》相比，可能是因爲《色戒》的故事更加“扭曲”，歐美影評人對該影片的评价正反皆有，總體評價不算高。《綜藝》雜誌甚至給了《色戒》很負面评价。該雜誌的影評人寫道：“影片中太多的‘戒備’（英文片名中的‘Caution’）太少的‘欲望’（英文片名中的‘Lust’）使得整部電影的劇情干巴巴的，使得這部長達2小時的電影看得讓人難熬得很，但是片中可圈可點值得看得地方卻不多。”

不過也有一些評論覺得《色戒》是一部值得一看的影片。“歐洲電影網”給了這部電影很不錯的評價：“這是一部毫不妥協的，無比誘惑人的電影，它有些長，但里面而如此多的好的元素。”

對於影片在歐美反響沒有在亞洲市場大這一現象，李安覺得《色戒》在亞洲獲肯定比在歐美獲肯定對他來得更重要，他說這部片子談論的內容及背景，確實對西方人、美國人比較難理解，不象亞洲這邊這麼熱烈。亞洲觀眾對這片的“共鳴”會比較大。



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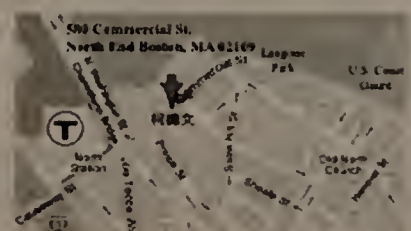
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如何保持身體健康

撰文：Hanni Stoklosa

新年總要有新氣象，隨著春節臨近，現在也是計畫新一年健康的好時機！

以下是一些健康小貼士，這些小竅門能讓您養成健康飲食、適當鍛煉等有益的生活習慣。只要做到這些，就能保證您在今後的日子裏身體硬朗心神舒暢！

健康小貼士一：
簡單生活減壓力。

生活中已經有很多讓人緊張的事情，所以不論您在做任何事情的時候，都要留意找出一個簡單而省心的辦法。

舉個簡單的例子，你覺得每天吃早餐很重要，但是在每天早上你只有五分鐘吃飯時間的情況下，就不要勉強自己一定要煮燕麥粥才可以，其實那樣還不如在匆忙出門的時候，拿上一個水果或者是健康小吃當早餐來的實際一些。這樣既遵守了健康生活的準則，又不會給自己增加沒有必要的麻煩。

健康小貼士二：

一次只改變一件事情。

也許你覺得你的飲食習慣、運動習慣以及睡眠習慣都不夠健康，都需要做一些改變。但是對大多數人來說，一下子改變所有的不良習慣是很不容易的，很多人想一蹴而就的人最終什麼不良習慣都沒有改成。

對此，事半功倍的辦法不是一下改變所有的不良習慣，而是一次只改一個。一次主攻一個問題要容易的多，也有效的多。

健康小貼士三：

做自己喜歡做的事情。

要想堅持自己的健康習慣，那這個習慣必須是自己喜歡做的事情。

比如說，如果你是喜歡戶外活動的人，那就不要去買健身房的會員卡。如果你覺得跑步很枯燥，那就試試騎自行車或者是滑冰。如果你喜歡和別人一起運動，那麼也許籃球、網球或者羽毛球都是你不錯的選擇。

健康小貼士四：

增加運動量。
疾病控制中心認為，一個成人應該每週至少有

五次不少於三十分鐘的中強度運動。

你可以慢慢地增加你的運動量並有意識地增加運動項目，直到達到這個目標。為了做到這一點，你可以不坐電梯走樓梯，也可以以騎車代替開車。

健康小貼士五：

不打無準備的仗。

要想生活的健康，通常你都需要改變一些自己原有的生活習慣。

在改變的過程中，只有事先準備好，才能順利的過渡並堅持下去。比如說以往你經常吃垃圾食品，如果你想改變自己這一習慣，那麼最好事先就準備好一些健康的食品在身邊，當你肚子餓的時候就不會“慌不擇食”地又重新回到垃圾食品的懷抱中去了。

健康小貼士六：

團結起來力量大。

有家人朋友的幫助，改變自己不良的生活習慣會容易得多。

讓家人和朋友和你一起實行健康的生活方式，有了伴大家可以互相勉勵互相監督，共同進步比一

個人努力要可行的多。

除此之外，健康的生活還包括精神層面的健康。

勤讀書對精神健康有著無可比擬的好處。

隨身攜帶閱讀物品，不僅可以讓你在等車坐車的時候消磨時光，更可以

鍛煉你的大腦。學習能力是健康人生的無價之寶。還有保持每天有六到八個小時的睡眠，以及以愛心對人都對個人的精神健康大有益處。

健康才有可能長壽！新近研究表明，不抽煙，少量飲酒，每日鍛煉

並堅持每日吃五份蔬菜水果的人，他們的平均壽命比以上四項一項也做不到的人要長十四年！

作者Hanni Stoklosa是塔夫茨大學醫學院三年級學生

(編譯：楊陽)

為兩個人而吃：懷孕和營養

你懷孕了嗎？你是否快樂地向朋友訴說你是多麼興奮快要成為母親？如果是，恭喜你，你已經開始當媽媽了。嬰兒還在你的子宮時就已經直接從你吃的食物中吸取營養。在懷孕和孩子出生後，母親的飲食與孩子的成長和發展有著密切的關係。因此，作為母親的第一項任務是為了孩子的健康成長要養成有營養的飲食習慣。這看起來好像責任重大，但是如果你按照健康的飲食標準，你一定會成功。

保持全面健康的飲食

孕婦無可避免地增重，事實上，這些額外的體重密切地關係到嬰兒的出生體重，而這是影響嬰兒最初兩年存活的主要因素。醫生建議正常體重的婦女在懷孕期間增加的體重是25-35磅，體重不足的婦女應增加28-40磅，體重過重的婦女則應增加15-25磅。懷孕期間的最後三個月增加的體重是最關鍵的，因為這是胎兒大腦發育的時間。

在這段時間，一個孕婦平均每週應增加一磅。為了保持健康和穩定的增磅，孕婦每天應增加大約300卡路里熱量的攝入。但是，這些熱量應從健康的食物中攝取。例如，一個蘋果大約有100卡路里的熱量，一杯橙汁大約有120的卡路里的熱量，一杯低脂優酪乳有150卡路里的熱量。

當你懷孕時，食用以下這些主要食物組的各種健康食物是非常重要的。

1、水果和蔬菜含有豐富的礦物質、維他命和纖維。水果和蔬菜裏的纖維可以減少懷孕期間常見的令人難受的便秘。

含有維生素C的水果和蔬菜例如草莓、橙、胡椒、甘藍和蕃茄讓您和您的嬰兒擁有健康牙齒和組織。翠綠的蔬菜含有幾種懷孕期間所需的重要營養，包括維他命A，鐵質和葉酸。

在最後三個月，對準媽媽來說貯存足夠的鐵質是非常關鍵的。這種礦物質非常重要，因為母乳低鐵，而鐵質是預防嬰兒期缺鐵性貧血症(血液紊亂)不可缺少的物質。

葉酸在懷孕的前三個月對嬰兒特別重要，它能預防類似脊柱裂和無腦(腦子和脊髓的嚴重反常)等神經中樞管缺陷。你應該有目的地每天吃7份水果和蔬菜。(一份是，例如，一杯水果或蔬菜，一個大小適中的水果，或者一個小的烘馬鈴薯。)

2、穀類食物是碳水化合物、纖維、鐵質和維他命B的主要來源。你應該選擇更健康的穀類食物例如麥包、紅米和提高營養價值的穀類加工食物來代替白麵包和麵食，因為這些食物纖維成分很高。你每天大約需要6-9份穀類食物。(一份是，例如，1/2杯米飯，麵食，或穀類加工食物，或1/2個百吉卷)

3、乳製品是懷孕期間鈣的主要來源。這種礦物質是嬰兒骨骼和牙齒成長不可缺少的。如果母親的鈣消耗量不夠，嬰兒就會從她的骨骼獲取鈣質，這會很容易令到她骨質疏鬆。因此，你適合選擇低脂乳製品例如脫脂奶、低脂幹乳酪和低脂優酪乳。你每天大概需要4份乳製品。(一份是一杯牛奶，一杯優酪乳，2片幹乳酪。)

4、家禽、肉類、蛋和豆類含有豐富的蛋白質、鐵質和維他命B。因為蛋白質決定嬰兒的肌肉和器官的成長，所以，這也是懷孕期間的不可缺少的營養。你應該選擇瘦肉來降低飽和脂肪的攝入。另外，每天食用的肉類都應該煮熟，避免由細菌引起食物中毒。一個孕婦每天吃2-3份以上食物組的食物是最理想的。(一份是一隻蛋，1/2杯煮熟的豆類，一塊3寸×4寸的瘦肉或魚肉)

除了按照這些飲食指導，你還應該每天服用一顆產前補充維他命。然而一顆補充維他命丸並不足以代替那些必須從正常飲食中獲取的營養，它只是確保你能吸收到你和孩子所需的營養。

避免的食物

在懷孕期間，當許多有營養的食物都應該納入你的飲食中時，你也要注意避免某些食物。

1、甜品、油脂要有節制地食用。即使這些食物很誘人，也不要常吃好像蛋糕那樣的高糖、高油和高脂肪並低營養的食物。

2、酒精必須徹底從你的飲食中消失。酒精令到流產與嬰兒夭折的風險提高。此外，這種物質可導致畸形兒等胎兒酒精症候群，其特點是精神發育遲滯，低出生體重，顏面畸形，心臟問題。

3、軟乳酪是由未經殺菌的牛奶製成的，可能會引起由食物傳染的疾病。這些乳酪包括羊奶乾酪，藍乳酪，布裏乾酪和卡芒貝爾乳酪。

4、咖啡因對嬰兒的心率和呼吸方式可能產生負面影響。雖然每天消耗少量的咖啡因，如1杯咖啡，似乎對嬰兒沒有產生重大影響，但是，一般也不推薦。

5、海鮮含有很高的能導致嬰兒神經系統(腦和脊椎)不正常發展的水銀。因此，你應該避免箭魚，國王鯖和壽司。雖然這些魚應該避免，但是其他的海鮮如蝦、鮭魚、魷魚在懷孕期間也能食用。

雖然所有這些營養指南在最初看起來好像過多，但是一旦你開始遵守它們，他們很快就會變得容易跟進。這些飲食習慣不僅促進你的寶寶的健康，它們也增加你自己的健康品質。歡迎加入媽媽行列！

(翻譯：黃瑞明)

This article is funded by NEMC.

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（本報訊）第一部針對學齡前兒童推出的學習中國語言文化的電視節目《你好，凱蘭》將於鼠年的大年初一，二月七日星期四（美東及美西時間上午十一點到十一點半）在尼克兒童電視頻道（Nick Jr.）首播。

這部在學齡前兒童的時段中推出的教導中國語言文化的全新卡通動畫影集《你好，凱蘭》（Ni Hao, Kai-lan）總共二十集，每集半小時的原創影集將首度透過電視教導兩到五歲兒童中文單字及句子。

名為「端午節」的第一集《你好，凱蘭》尼克兒童將於鼠年的大年初一首播。

在首集「端午節」中，端午節終於來到，凱蘭和朋友們高興的參加劃龍舟比賽。凱蘭和她最要好的朋友Rintoo老虎一起劃龍舟，迫不及待想在比賽終點見到一條真正的龍。但是他們首場比賽失利，Rintoo大怒之下將龍舟打翻，掉落在寶塔上，最後只有依賴凱蘭和電視機前面的觀眾來想一想如何讓Rintoo冷靜下來，劃完龍舟賽，才能見到友善的龍。

該節目將固定在每週一至週五上午十一點（美東及美西時間）於尼

你好，凱蘭！ 全美首部兒童中文教學電視春節閃亮登場

克兒童頻道播出。在大年初一首播後的幾天裏，從二月八日星期五到二月十五日星期五，美東及美西時間上午十一點，還將播出六集全新的《你好，凱蘭》。

《你好，凱蘭》的主角周凱蘭是一個活潑、富冒險精神、心地善良、能說中英雙語的學齡前女孩。從她愛吃的餃子、家中懸掛的燈籠、到她和家人朋友熱烈慶祝的春節，凱蘭的世界裏充滿了中國文化。

該影集強調凱蘭和爺爺及動物朋友之間的關係。爺爺用溫柔又好玩的方式帶領凱蘭，讓她主動發現新的事物，因而在凱蘭的生命中扮演著重要的角色。

凱蘭是一個天生的領袖人物，她不但有愛心，能夠為別人著想，同時具備在朋友有難時伸出援手的天賦。她最要好的朋友是一隻五歲大，愛吵愛鬧又愛玩的老虎Rintoo，也是五歲大，永遠把朋友放在第一位的無尾熊Tolee，三歲大，精力無窮的猴子Hoho、和六歲大的快樂粉紅色犀牛

Lulu。

《你好，凱蘭》是尼克兒童推出的第一部邊看邊玩、邊看邊想，以包含祖孫三代之家庭為主題的影集。全面展示了一個名叫凱蘭的五歲華裔小女孩的生活，全面反映了以凱蘭為代表的華裔家庭背景、在美華裔孩子成長過程中的各個層面。

在學習中文的同時，《你好，凱蘭》還注重幫助學齡前兒童辨識他們的情緒，學習如何處理對事務的各種感覺——劇集中專注於學齡前兒童經常遇到的問題，例如輪流、失望和嫉妒，同時支援情緒智慧課程，強調在社交和感情的世界裏如何從因果關係的角度進行思考。

《你好，凱蘭》透過歌唱教導幼童簡單的待人處事技巧，讓他們學習到寶貴的一課。凱蘭努力想要瞭解事與事之間的關聯，總是要弄明白事情發生的原因。每一集均追隨凱蘭和朋友的探險腳步，看著他們學習辨識自己的情緒，並且稍做停頓，設想一下別人的感受。凱蘭帶領他們一起思考是什麼事情讓Rintoo這麼生

氣，並幫助Tolee如何以耐心和練習來改善壓韻這門功課。

為配合《你好，凱蘭》的推出，自元月十一日星期五起，尼克兒童頻道網站（www.nickjr.com）推出了四套全新的以該節目為主題的線上遊戲。其中《你好，凱蘭》紙燈籠」遊戲讓使用者設計自己的紙燈籠並且列印出來，而《Rintoo的劃龍舟比賽》由使用者扮演Rintoo，依照韻律劃龍舟，和其他參賽者比賽誰先抵達終點。《Tolee的跳竹遊戲》由使用者扮演在竹面上行走的Tolee，必須在不跌跤的情形下接住熊貓物品。《凱蘭跳水

窪》由使用者扮演凱蘭，靠跳水窪累積分數。此外尼克兒童頻道還將推出以《你好，凱蘭》為主題，可以列印的文字圖案、勞作材料等。

尼克兒童電視頻道負責學齡前兒童時段的執行創意總監兼執行副總裁Brown Johnson表示：“學齡前兒童會融入凱蘭豐富的華裔傳統，同時學習中文和相關的社交及感情處理技巧。我們簡直等不及要讓孩子們看到這個活力充沛又好玩有趣的世界來到他們眼前。”（楊陽）

該影集於元月二十八日星期一開始在以下各尼克兒童頻道學齡前兒童時段平臺播放預告片：

通過Comcast, Charter, Cablevision,

Verizon FiOS及Cox的隨選隨播（Video On Demand），觀眾可以看到《你好，凱蘭》第一集「端午節」全片，還有音樂短片及其他《你好，凱蘭》的精彩片段。

觀眾也可以從iTunes音樂商店（www.itunes.com）下載尼克兒童頻道的「端午節」預告片。

觀眾也可以登入Nickjr.com觀賞由尼克兒童頻道的寬頻影像服務尼克兒童影像（Nick Jr. Video）播放的「端午節」，同時欣賞音樂短片和該影集的其他精彩片段。

多家無線通訊供應商也將播放「端午節」的片段及音樂短片和該影集的其他精彩片段。



該分析報告希望能夠對官員選舉，或團體、社區領導的決策工作等有指導作用。

今年年底之前，聯合會將完成此分析報告，並上報至省長、立法委、麻省立憲官員、麻省國會代表及一些地方官員。

聯合會成員來自不同的亞洲地區，包括東亞、東南亞及南亞等。

亞裔群體裏包括如此眾多亞群體，如果理解不同亞洲文化背景下的各種需求？單一個聯合會又如何代表如此多樣化的龐大亞裔群體的總體利益？

針對這些問題，聯合會執行主任Leverett Wind如是說：“我們不否認亞裔群體裏的族裔與文化多樣性，我們不想將

如此複雜多樣的群體中各式各樣的問題簡單歸一的說成是‘我們的主要問題是如此如此’。但是另一方面，我們也不想將多樣性擴大化，讓人覺得我們之間有文化鴻溝無法彌補與溝通；我們也不想出現基於各祖籍的小幫派。一句話，我們要共同工作，我們要找到我們的共性和共同面臨的問題。”

聯和會的這個項目始於去年2月份，項目設立時身無分文。

第一年的工作主要就是集資和建立工作網。

“立法委把我們糾集起來組成了這個項目的工作人員，我們雖祖籍亞洲，實際上卻來自世界上的不同地區”——聯合會的工作成員Neelam

Wali來自印度，現居住在BillERICA。

Neelam Wali介紹道“共同面臨的問題和群體利益把我們聯繫了起來。例如，家庭暴力問題、住房問題，甚至是語言問題。這些都是我們共同面臨的問題，我們聯合會要重視並處理這些問題”。

（翻譯：許可可）

麻省亞美聯合會 宣讀2008年工作日程

【本報記者羅克斯波士頓報導】麻省亞美聯合會與若干社區成員一起於1月15日在省政府宣讀了“需求調查及分析報告”工作專案2008年的工作日程。

該聯合會由麻省立法委於2006年7月31日成立起來，其成立動因、目的和宗旨是認識、突出亞裔美國人在社會、經濟、文化和政治生活中對大眾做出的傑出貢獻；辨析、強調亞裔群體的需求與困難；提高該群體總體生活品質，以及回報所有對麻省忠心耿耿之民眾。

工作日程的宣讀也傳達出該聯合會對自身使命責任感的認識。

作為亞裔美國人群體的呼聲代表並發揮喉舌作用，聯合會設立了亞裔群體需求調查及分析報告工作專案。

該需求調查和分析報

告工作共由三部分組成，第一部分是在各城市舉行的系列公眾會議，會議已於去年9月在Lowell拉開序幕。

此系列公眾會議將在麻省亞裔居民密集地區依次召開。昆士地區的公眾會議已於去年11月分召開。多撒斯特和唐人街的公眾會議於今年1月召開，最後一撥公眾會議將於今年4月在Worcester, Brookline, Newton和Springfield召開並掃尾。

聯合會借公眾會議另有目標，那便是吸引更多的在職高校亞裔美國學生，鼓勵他們參與政事。

需求分析的第二個組成部分是焦點內容討論。這部分將集中對一些焦點、熱點問題進行深層次討論，議題包括醫療、經濟發展與教育等。

這第二部分內容會在

今年3-5月裏進行。

在這段期間裏，聯合會希望能與各地區的商業及社區領導進行接觸和訪談，從而對該地區綜合環境狀況有一更好的理解。

第三個組成部分是全國範圍內針對亞裔美國人的問卷調查，該調查的目的是提供統計資料。

這些資料會對第一、二部分的初略資料提供補充和完備。調查問卷將於今夏展開。

聯合會進行此番需求分析的主要目的是採集亞裔群體裏不同民族的各種需求並完成綜合分析報告。

Happy Chinese New Year

恭喜發財

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舢舨回顧：2007要聞簡報

一月

伍綺玲被指定為 BCNC 新任主任。BCNC 還擴大和新創了包括新的家庭服務在內的服務項目。

在化工公司工作的越南移民 TRUC LA 因種族歧視訴訟獲得二十三萬美元的賠償。

二月

美國移民署在十個州開始使用了新的公民考試。但是地方民權組織認為新的考試問題多多。

公民和綠卡費增長了數百美元，USCIS 聲稱增長費用是為提供更好的服務。但不少移民組織反對費用的增長。

根據麻州教育部的統計，華埠的 JOSIAH QUINCY UPPER 學校有最好的畢業率和出席率。

三月

駐波士頓臺北經濟文化辦事處從波士頓華埠搬到紐頓市。

波士頓市長曼寧諾與其他華人代表慶祝了在 MATTAPAN 的華裔移民紀念館的開幕式。

四月

紐英倫韓國新聞的前總編輯 SUYEONYANG 開辦了自己名為韓國聯盟社(KAP)的週刊。

HARRISON 街上的

時光荏苒，轉瞬間一年光陰又逝。在過去的一年中，波士頓華人社區有不少事情發生。這一年裏，有喜有悲有樂有怒，我們的人生、我們身邊的社會都隨著時鐘的滴答聲不緊不慢地進行著。《舢舨》整理了過去一年中的要聞簡報，與您一同回憶過去展望未來。

華埠最老的餐館 HONG FAR LOW 將被裝修成住房。

4月17日，7749名波士頓市民參加了2號區的預選舉。2號區包括中國城、南端、海灣村以及羅克斯佈雷和多賈斯特的部份地區。在華埠的3選區第8分區的投票選民中，有多於一半的選民投了林尼肯的票。林尼肯是市政府的長期職工。儘管如此，柏信尼還是以數十票的優勢獲得總選區的勝利。

五月

擁有214個公寓的大同村原本將以450萬的價格出售。然而波士頓重建局BRA停止了該項交易，並在買賣雙方之間斡旋。

5月16日，多名華埠組織的領導一起慶祝了華埠牌坊前新擺放的兩頭石獅的慶典。

紐英倫中華歷史協會及本地歷史學家 WING KAI 合作裝訂了一本紀念中國城1860年到1960年百年歷史的相冊，預定

8月出版。

六月

柏信尼宣佈不打算參加2號區的市政選舉。

家庭移民政策提案引起亞裔組織關心：國會關於將移民政策從“以家庭為本”轉變成“以個人能力為本”的提案遭到眾多亞裔組織的反對，原因是這樣將使移民家庭難以團圓。

波士頓藝術博物館(MFA)舉辦了翁家私藏文物展。

卡羅琳強生被任命為波士頓學校的新主任，八月份上任。華裔社會對她的上任表示期待。

七月

“昆士4人”中的3人因亂法和拒捕為名被定罪。然而4人仍聲稱是無故遭到員警襲擊。法院的決定引起民眾的強烈不滿，認為種族歧視是定罪原因之一。

由於華埠的大部份民眾英語能力有限，示威者在省政府前督促政府將選票改成中英雙語。

八月

華埠牌坊25歲了。據 Peter Chan 介紹，當時建立牌坊是為讓華埠看上去更加明顯。該牌坊的建立是在1979年開始因為中美關係的變化而經歷了很多磨難。

九月

由2006年開始，每年夏末華埠空場上都會播放一系列華語電影。今年有約200人參加了位於哈德遜街的电影放映活動，觀看了從《上海騎士》到1922年拍攝的《工人之愛》。

九月十一日反家庭暴力多元文化移民聯合組織(MICAV)開展了一項在麻州與遭受家庭暴力以及性侵犯的移民打交道的組織中進行的民意調查。調查結果顯示，在提供服務的機構中存在著因為文化差異而造成服務不足的現象。

九月十八日，Miller Dyer Spears 在信義大廈召開了關於華埠圖書館可行性研究的公眾會

議。會議上宣佈，華埠圖書館面積將在15,000到20,000平方英尺之間，下一步即將為圖書館尋找一個合適的建設地點。

十月

麻州文物保護機構認定丹縱特大廈為“十個最危險的歷史遺跡”之一。該大廈建於1889年。發展商 Ori Rom 計畫在該址建造一個二十九層的公寓住宅樓。

美國移民局宣佈啓用新的公民考試內容。新考試內容有100道題目，而原來只有96個問題。考試內容的變化是為更加注重參考人對問題的理解，而原來的考試多注重於對知識的死記硬背。

十一月

位於泰勒街87號的華埠教育中心大樓正式啓用。波士頓市長曼寧諾、議員尹常賢以及華埠要人等出席了剪綵儀式。

紀錄片《南京》於波士頓約翰漢考克大廳首映。到場的1200名觀眾在觀看影片的同時也紀念了

小說《南京大屠殺》已故作者張純如。這部關於南京大屠殺的紀錄片由美國線上總裁 Ted Leonsis 擔任製片人。

十二月

市長中央大道完成計畫組織表示了他們對丹縱特大廈建築的擔心。其中最主要的是計畫建設的新建築的高度超過該地區規定高度的三倍。幾個組織也表示了他們對該大廈的建成將對華埠特色損害的擔憂，並認為該大廈建成後將提升地價，使得華埠新進移民無法支付得起在這裏居住的費用。

亞美委員會決定在選舉中提供全面的、包括競選人名字翻譯的雙語服務。他們認為這是鼓勵亞裔選民參與的重要的一步。這一決定回應了早先地區法院拒絕對競選是否應該完全翻譯裁決的這一決定。

24號地新計畫出臺。亞美社區發展協會希望能讓新建築更加和諧的融合到周圍的環境中去。該協會在十一月底與擁有該物產的MTA協商結果為，該物產將擁有5,500平方英尺的商業面積、6,050平方英尺的社區面積、165個地下停車位以及超過10,000平方英尺的開放空間。該物產325個公寓中將有一半為可負擔住房。

亞裔美國人的政治之聲

大選來臨，人心浮沸。

一些少數民族團體，像聚集在西海岸的亞裔美國人，認為機不可失。他們把大選事件看作是號召亞裔及太平洋島國各族裔美國人躋身政治的一個重要機會。

“亞太裔美國人投票聯合會”(以下簡稱“亞太美聯”)長久以來致力於鼓動不同政見的亞裔美國人參與投票選舉，尤其是在西海岸亞太裔美國人密集地區，“亞太美聯”甚是活躍。

亞太美聯的執行主任 Gloria Caoile 認為亞太裔美國人是選舉中雙方候選人均不可忽視的重要選民，“像內華達州，這個州的亞太裔人口增加迅猛，特別是在 Clark 鎮。這些族裔選民心思難測，候選人獲投數目相當時，

這些選民往往會起到尾鼠之力，關鍵時刻幫助決出雌雄，就像在愛荷華和新罕布希維爾的情景一樣”。

“對候選人來講，全美上下，尤其是西部的亞太族裔，其選舉力量不可忽視”——亞太美聯的董事會成員 Kalipi 分析道，“例如內華達州，這是美國西部第一個召開選舉核心會議的州，該州太平洋島國後裔人口在全國數第三高，亞裔美國人人口全國第六高，這樣高的亞太裔人口比例毫無疑問會對選舉產生重要影響”。

亞太美聯在內華達州早在2004年就活躍起來了，當時還沒什麼人注意到內華達州增長起來的亞太裔人口會對選舉有什麼影響。

而現今，這一點則不

容否認。

在這個州的 Clark 鎮，亞太裔是人口增加最快的一個族裔。迄今為止，亞裔人口占該鎮總人口總數的8%，而太平洋島國後裔比例則達到了1%。

亞太美聯主席 Vida Benavides 介紹，“我們已與民主黨、共和黨兩派候選人聯繫，令他們意識到亞太裔社區和選民的存在，以及這批選民不斷強大起來的選舉力量”。

Vida Benavides 認為：“內華達的選舉會議結果表明亞太裔選民人數雖少，力量不容忽視，關鍵時刻改變乾坤。選舉人應意識到我們這個群體沒有不聞不問或袖手旁觀，我們的聲音在政治生活中會日益強壯起來”。

(翻譯：許可可)

ABCD呼籲發放聯邦緊急燃料補助金

波士頓社區發展行動組織 (Action for Boston Community Development, Inc., 簡稱 ABCD) 和其他維權人士呼籲布希總統發放五億八千六百萬美元緊急燃料援助基金，以防止窮人、老人和普通工人家庭取暖不足的危險。

ABCD 總裁/執行長 Bob Coard 表示：“這就像在發生颶風或洪水時一樣，必須及時動用聯邦的緊急援助”。“價格昂貴的取暖燃料迫使許多家庭必須在暖氣與食物或藥品之間做選擇。而最近發生的幾場致命火災，被發現是與在房間里使用加熱器或烤爐有關。”

在波士頓、布魯克林和紐頓地區，由 ABCD 燃料補助計劃資助的一萬八千個家庭已經用完了他們的救濟津貼。根據現有的資金，這個冬季到目前為止，最貧窮的家庭最多能

獲得八百六十五美元燃油援助——按目前燃油的價格，這筆錢只夠裝滿油箱一次。

按照現行的分配方案(五億八千六百萬美元緊急撥款)，麻州大約會分配到二千五百萬美元。這意味著有資格申請燃料援助的家庭，每戶大約會得到250元補助。

許多維權人士都呼籲要求增加基金，增加補助。在新英格蘭地區約40%的家庭用石油取暖，其花費要比以天然氣或電力取暖為主的美國其他地區高得多。

在麻州尚未得到補助而又有資格申請補助的家庭，將會得到原有的津貼(最多865美元，申請人收入須低於聯邦貧窮線)，再加上可能爭取到的待發放的緊急撥款。這筆應急援助基金已經獲得國會批准，布希總統已在聖誕節次日簽署立法。但到目前

為止，聯邦政府尚未發放這筆救援基金。

到目前為止，聯邦政府已發放了十九億八千萬美元到各州，作為低收入家庭的緊急補助(LIHEAP)。此數額與去年一樣。可是，今年燃料價格大漲，汽油每加侖價格已超過3美元。

Bob Coard 說：“我們要求總統立即發放五億八千六百萬美元緊急撥款，以防止災情的加劇，并緩解在寒冷的新英格蘭約40%依賴石油的家庭的痛苦。儘管這筆經費不足以幫助大家度過整個冬天，但仍會有很大的幫助”。“我們當中的弱勢人群正在遭受苦難。如果這些基金能被發放，我們就能夠趕快運送石油，幫助大家渡過這寒冷的一月。我們必須趕快行動”。

(翻譯：徐瑞玲)

(校對：王又衡)

你的健康我關心 “亞裔健康計畫” 向華埠社區機構贈款



【本報記者楊陽波士頓報導】日前塔芙茨紐英崙醫療中心的“亞裔健康計畫”(Asian Health Initiative)在華美福利會向七個亞裔社區機構的醫療教育服務計畫再次提供資助。

該資助將每天為這七個亞裔社區機構提供1萬至1萬5000元不等的經費，幫助它們開展發展社區健康的活動。

在贈款現場，塔芙茨紐英崙醫療中心社區健康計畫辦公室副主任曾雪清介紹，“亞裔健康計畫”本次贈款主要針對目前亞裔社區存在的幾大健康問題——肥胖症、暴力預防、癌症預防和認識以及精神健康。他們希望通過與社區社團的緊密合作，能推動亞裔社區對健康的重視，以及加強對健康知識的普及。

此次獲得該贈款的七個亞裔社區機構及其服務計畫分別為華美福利會的社區教育項目、亞太三菱鏡(Asian Spectrum)的精神健康教育電視節目、亞裔反家庭暴力行動小組(Asian Task Force Against Domestic Violence)的防止青少年

犯罪的服務專案、波士頓亞裔：青年基本服務(Boston Asian: Youth Essential Service)的積極行動(Positive Action)計畫、波士頓華埠社區中心的家庭服務計畫(Family Service Program)、中華耆英會提供的華裔耆老慢性疾病自我管理(Chronic Disease Self-Management Program For Chinese Elders)，以及華埠王氏青年會的健康習慣(Healthy Habits Plus)計畫。

此次提供的資助款將從今年開始至2010年結束。

曾雪清表示，希望此次為各個社團提供的資金，可以為他們的服務加油，幫助亞裔社區成員認識瞭解相關健康問題並進行有效的預防，促使社區整體健康水準的提高。

上圖為：獲得塔芙茨紐英崙醫療中心「亞裔健康計畫」資助的亞裔社區機構負責人與授款人塔芙茨紐英崙醫療中心社區健康計畫辦公室副主任曾雪清(前排右五)合影。

【本報記者楊陽波士頓報導】春節是華人親人團圓友人相聚的重要節日，也是勞碌了一年之後，人們放鬆娛樂的時候。

然而也正是這時，有很多嗜賭的人在賭場上將辛苦錢空擲，不僅損害了自己的生活，也傷害到了家人。

麻州賭博問題諮詢會亞裔專員黃千姬提醒大家，“佳節娛樂要適量謹防賭博把人傷”。

黃千姬說，很多平時工作強度大，體力辛勞的華裔，都會選擇在春節期間到賭場以賭錢的方式放鬆一下，而賭場在這個時候也多會針對亞裔而打出誘人廣告。但正所謂“小賭怡情，大賭傷人”，一些賭博上癮的人士往往在這個時候將一年的辛苦積蓄空擲賭場，將本是娛樂放鬆的遊戲硬是變味成了

佳節娛樂要適量 謹防賭博把人傷

傾家蕩產的不歸路。

據黃千姬介紹，嗜賭成癮不是道德敗壞或不好的標誌，而是一種行為混亂症。有很少部分人在意識到自己有這個問題後能自律解決，但更多人需要通過專業人員的幫助來擺脫賭博之癮。

有賭癮的人與沒有這個問題的人的區別在於，沒有賭癮的人在賭博的時候很清楚地意識到這只是個遊戲，並能自律地只在自己能承受的範圍內賭博，而有賭癮的人則不能夠意識到這一點，並常常越賭越大才能得到快感。

在春節這個特殊的時刻，黃千姬建議去賭場的朋友儘量不要帶信用卡，

只帶一定數額的現金。也可以與朋友互相監督。但最重要的是要意識到賭博不是投資，賭博只是一種有自製力的玩家才能真正享受其樂趣的遊戲。

與其他成癮問題不一樣，有賭博問題者一般不會表現出很容易識別的跡象。

然而，一個人的賭博問題還是有跡可循的，倘若一個人有以下現象，那麼他就有可能有賭博問題：

- 在賭博上花比你預想多的時間和錢
- 將諸如吃飯、房租等的必須花費用於賭博
- 忽視諸如工作、

學校、或家庭等重要責任。
· 對你賭博的活動撒謊或掩飾
· 借錢賭博以圖贏回輸掉的錢
· 對喜好賭博的習慣感到後悔而且對此經常思考

如果你或你身邊的人有這樣的問題，那麼在這個佳節期間你就要更加注意，不要讓自己或者你關心的人落入過度賭博的漩渦。

據介紹，目前麻州賭博問題諮詢會正在計劃通過同僚輔導員(Peer Coach)的形式，將關於嗜賭的諮詢等信息傳播給更多的社區成員。如有意成為同僚輔導員的人士可以與黃千姬聯繫(電話:617-426-4554分機563)，諮詢會將提供有關培訓以及報酬。

(本報訊)修改按摩師執照法日前生效，唐人街合法牌照按摩治療師表示，這個新法對在唐人街的許多治療師來說應該是一個很好的機會。

一直以來，在麻州必須領有執照以從事按摩療法。

直到最近，這些牌照可由按摩療法工作所在的城鎮授予，而每個鄉鎮可設置不同要求條件。

在2006年，法律條款修改。

所有由當地發出的執照將於2008年5月1日過期。按摩治療師必須領有州政府執照已示合法。

Tak Wong是唯一被委任為按摩治療登記委員會的唯一亞裔美國人，而且是唯一受過東方式的按摩手法訓練(其他都是西方式訓練)的按摩治療

按摩師執照修改法生效

師。

Tak Wong 非常支持按摩師執照法修改。

Tak Wong 在昆士從事按摩治療。他相信有部份在唐人街按摩行醫的按摩師並沒有相應的執照。

造成這一局面的原因是很多，可能是不熟悉英語，由於移民身份對政府不信任，或是僅僅對取得執照法規不熟悉。

這也就是為什麼他很期待看到這個新的法規即將生效。

這個新的法規有不溯既往的效力，目前無牌治療師將可申請執照，不會因以前無牌情形遭到質疑，或是任何民事或刑事處罰。

根據三個標準，之前

無牌按摩治療師可領有牌照。

第一，如果在過去的兩年之內，他們領有在麻州的社區按摩治療執照。

第二，他們可參加國家按摩治療執照認證。這項考試收費200元。

第三，治療師可以提初檔，證實在過去的五有500小時收費的專業服務。證實檔可以是上級監認證、報稅表、廣告影本，或知識專業人士經證明的報告書。

第三種方法並不能保證合法執照領取。

Tak Wong說，委員

會的目標不是要懲罰沒有執照的人，而是要使那些合法開業者，按照州政府標準領有執照。

申請州執照截止日期為2008年5月1日。

申請州執照表格及資料可以上網查詢www.mass.gov/dpl/boards/mt

(翻譯：徐瑞玲)



一舢舨

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Asian American Civic Association

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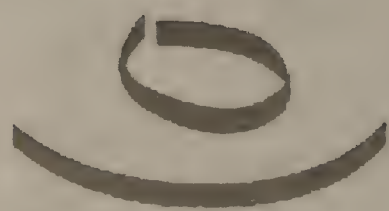
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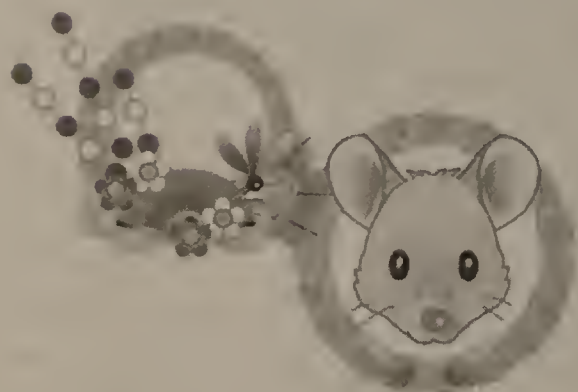
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